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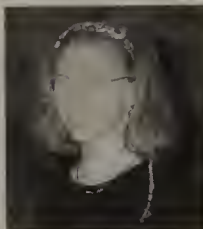
BULLETIN & REVIEW

On Parliament Hill Feb. 28

Student-led Rally to Combat Racism



Sarit Aranov



Lisa Marko

Two Ottawa high school students have taken action to combat racism and anti-Semitism. They have initiated a community student-led rally to take place on Parliament Hill on Sunday, February 28 at noon.

Lisa Marko and Sarit Aranov, Grade 12 and 13 students respectively at Nepean High School's Ariel Program, said they began to organize the student-run rally after their Hebrew teacher showed them a video on the rise of neo-Nazism.

"After the video our teacher asked us a question. It was a very simple question, but the answer was not so simple," says Lisa. "He asked us what we, the students of Ottawa, could do to prevent racism."

"Although our responses were not the most astounding we all left the class knowing that we had to do something, for the threat of racism seemed very real."

In joining forces to plan a stu-

The students hope the event will receive more attention because it is being led by young people

dent-run rally, Lisa and Sarit hope the event will receive more attention and create more public awareness because it is being led by young people.

Their concern for the future and the need for everyone to join together has quickly spread. They have obtained the support of all the organizations belonging

to the Jewish Teen Leadership Council, JSU-Hillel and the Jewish Community Centre and have been provided with programming assistance from the Jewish Community Council. In addition Jewish schools, synagogues and community organizations are being urged to spread the word about the rally to their members. In a

statement to the Ottawa Jewish community, the students urged "We hope you will join us in our fight against the rise of anti-Semitism and racism. We must continue to teach children our history, for education is one of the keys to stopping racism. Yes, the Jewish people have suffered tremendously, but we extract from their experiences not their destruction but their will to rebuild and live on forever."

It is vital that the community as a whole show its solidarity and support for our students and most importantly, this issue. Now is the time to speak out against racism - attend the rally February 28.

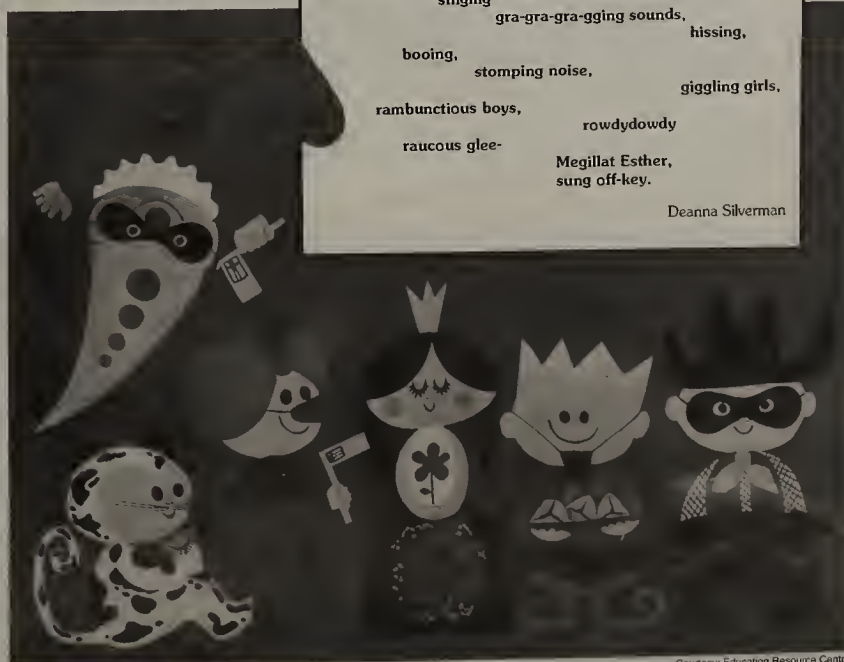
Purim Eve

boisterous tumult fills the air,
graggers whirling
round and round,
singing
gra-gra-gra-gging sounds,
boeing,
stomping noise,
giggling girls,
rowdydowdy
raucous glee-
Megillat Esther,
sung off-key.

Deanna Silverman

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Courtesy: Education Resource Centre



Vaad Report

Dr. Maureen Molot, President
PRESIDENT, OTTAWA VAAD HAIR
JEWISH COMMUNITY COUNCIL

COMMUNITY CALENDAR: The Community Calendar has long been part of the structure of the Ottawa Jewish Community. Its purpose is to prevent conflicts in the scheduling of events, in other words, to ensure that important community events are not held at the same time. The Calendar works as long as all community organizations, from synagogues and their sisterhoods and men's clubs to service clubs and beneficiary agencies inform the Community Council offices of their events. Unfortunately, over the last number of months this time-honoured custom has been forgotten, with the result that there have been conflicts in the timing of events. Although obviously as the Community grows there will be some overlap in the scheduling of activities it is in all our interests to prevent these overlaps whenever possible - and certainly in the scheduling of major events to which the entire community is invited. I urge all organizations to call the Community Council offices before scheduling an event, both to clear the date and then to make certain that their event is properly listed. We will all gain from such community-mindedness.

RALLY AGAINST RACISM: We have all been horrified by the rise in racist incidents in Europe, particularly Germany, and by the recent increase in anti-Semitic activities in Ottawa and other Canadian cities. An article in a previous issue of *The Bulletin* outlined the steps that the community has taken to deal with these issues. To demonstrate their concern about racism and their solidarity with those who oppose it, a number of teenagers in our community have decided to organize a Rally Against Racism. This important event will take place on Parliament Hill, February 28, 1993 at noon. **Yasher koach** to Sarit Aranov and Lisa Marko for taking the lead and setting an example for all of us. I urge you to support their efforts and show up on Parliament Hill on February 28.

PLEDGE REDEMPTION: Although in this column I frequently discuss the current campaign I want to inform you about a part of the campaign process that is frequently overlooked. This is the issue of pledge redemption, the effort made to ensure that members of the community pay their commitments to UJA that they have pledged in years past. It is not an easy task, but it is a critical one. Danny Cantor has agreed to take on this responsibility and, with a very small committee, has begun to meet with individuals to discuss arrangements in meeting their commitments. We cannot meet our obligations to Israel and our local beneficiary agencies on pledges alone. Pledges must be converted to cash to support Jewish needs. An important step has been taken through the dedication of Danny Cantor and his committee in seeing we collectively keep our promises to our community.

CIC PARLIAMENTARY DINNER: Most readers of this column are familiar with the Canada-Israel Committee Parliamentary Dinner and Conference which is held every two years in Ottawa. This is an occasion for members of the Jewish community from across Canada to update their knowledge on important current Middle East events and to discuss these with their Members of Parliament. The 1993 CIC Parliamentary Dinner, under the chairmanship of Vaad Past President Stephen Victor, will be held in Ottawa March 30, 1993. Ottawa Community Liaison Chair of the Conference and Dinner is Vaad Executive member Sunny Tavel. Israeli Foreign Minister Shimon Peres will be the guest speaker. The Conference will begin the evening of March 29 and continue through March 30. As host community, it is critical that there be a very large turnout from the Ottawa Jewish Community in general and particularly at the dinner. Early registration before March 7 will entitle registrants to a discounted fee. Those interested in participating should call the CIC office in Ottawa.

COUNCIL OF JEWISH FEDERATIONS: The Council of Jewish Federations (CJF) in New York offers a variety of services to its constituent members, among them training for federation staff and lay leadership. As part of the ongoing effort to strengthen the operations of the Vaad a number of senior CJF professionals will visit our community over the coming months to do workshops for federation staff on important topics such as the development of effective professional-lay leader partnerships; the changing responsibilities of federation staff in the 1990s; and the management of a growing community. I am excited about these educational opportunities for our community professionals and about the new, close relationship we are developing with CJF in New York.

BERNIE FARBER, NEW NATIONAL DIRECTOR, COMMUNITY RELATIONS: Mazal Tov to Bernie Farber who has just been named the new National Director of Community Relations of Canadian Jewish Congress. Bernie's assistance to our Community Relations Committee over the years has been invaluable. We look forward to continuing a close working relationship with you in the future, Bernie.

Commute life sentence

CJC reaffirms clemency for Pollard

Canadian Jewish Congress has reaffirmed its call for the commutation of the life sentence to time served for former United States Navy analyst Jonathan Pollard.

On June 28, 1991 CJC adopted a resolution which read: *the National Officers' Committee of Canadian Jewish Congress supports the World Jewish Congress, American Section's Resolution*

calling for the commutation of the Jonathan Pollard sentence to time served. Pollard was sentenced in 1987 for passing secrets to Israel.

Stated CJC President Professor Irving Abella: "In light of the decision in late December by former American President George Bush to pardon six individuals involved in the Iran-Contra affair and 18 others who had been convicted of various federal crimes,

it is difficult to understand why Jonathan Pollard is still in prison. There is no question that what happened to Pollard is unfair and unjust. His life sentence is grossly disproportionate to those meted out to others convicted of espionage against the United States. Pollard pleaded guilty in exchange for a plea bargaining deal which was supposed to have given him less than a life sentence. It is ironic that the individual responsible for undoing this deal (former American Defence Secretary Caspar Weinberger) was one of those pardoned by Bush."

Professor Abella said that Congress has sent copies of its 1991 resolution to Federal Justice Minister Pierre Blais, Federal Minister of Multiculturalism and Citizenship Gerry Weiner and Secretary of State for External Affairs Barbara McDougall. "I believe it is time for our representatives in Ottawa to play a role in righting this wrong."

Jews hail Mitterrand for Remembrance Day

PARIS, (JTA) — France's Jews have hailed President Francois Mitterrand's move to inaugurate an annual day of remembrance to mourn those Jews who were persecuted or deported from France to Nazi death camps during the Holocaust.

Mitterrand caused an outcry in July when he said France could not apologize for the wartime actions of the pro-Nazi Vichy regime.

But Mitterrand changed his stance and signed a decree declaring July 16 as a "National Commemoration Day of the Racist and Anti-Semitic Persecutions Perpetrated during the De Facto Authority of the So-Called 'Government of the French State' (1940-1944)."

The date was chosen to mark the day in 1942 of the first mass roundup of Jews in Paris by French police, known as the "Vel d'Hiv roundup."

On July 16, 1942, the Jews were rounded up and taken to the winter cycling stadium called the Velodrome d'Hiver.

Jean Kahn, head of CRIF, an umbrella group representing French Jewish organizations, said Mitterrand "has taken into account the wish of the French people not to forget what has become the symbol of the arrest of French Jews, the Vel d'Hiv roundup".

The decree says that a monument will be erected in Paris on the location of the Vel d'Hiv, where the round-up Jews were held prisoners before they were taken to the Drancy concentration camp.

Some 13,000 Jews were arrested during those roundups. Almost all were deported to Auschwitz and gassed upon arrival.

The Vel d'Hiv was torn down in the 1960s and an office building for the Ministry of Interior was built there instead.

The French president's decree also says that a plaque will be affixed in Izieu, near Lyon, where over 40 Jewish children stayed in hiding until they were discovered by SS officer Klaus Barbie. They were later deported and killed.

Mitterrand's repeated refusal to officially acknowledge that France should take some responsibility for the deaths of tens of thousands of Jews at the hands of the wartime Vichy regime has long been a bone of contention in the Jewish community.

The debate turned even more bitter last fall when Mitterrand laid a wreath on the grave of Marshal Philippe Petain.

While Petain is celebrated as a

war hero for his role in World War I, he is also vilified for collaborating with the Nazis in World War II.

"One cannot dissociate the victor of Verdun from the traitor of Vichy," said various political leaders, protesting against the tradition initiated by Mitterrand to lay a wreath on Petain's tomb every year.

Nominations Being Accepted for the Freiman Family Young Leadership Award

Purpose of Award

To recognize a member of the Ottawa Jewish Community under the age of 40 who has contributed actively to the Jewish community in the two or more years following his/her participation in the young leadership development program, or as a young leader rendered exceptional service to the Jewish community.

Nature of Award

The name of the individual selected to be the annual recipient of this award will be recorded on a plaque. A replica will be given to the award winner.

Nominations

Nominations shall be submitted to the selection committee by Friday, March 26, 1993 in writing and shall include a résumé of the nominee's involvement in community life.

Nominations should be addressed to:
Freiman Family Young Leadership Award
Selection Committee

151 Chapel Street, Ottawa, Ont. K1N 7Y2

The award presentation shall be made to the recipient on June 9, 1993 at the Annual General Meeting of the community.

The Gilbert Greenberg Distinguished Service Award of the Jewish Community Council of Ottawa

Members of the Jewish Community are invited to nominate an individual or organization for the 1993 Gilbert Greenberg Distinguished Service Award. The award, initiated in 1980 in tribute to the memory of Past President Gilbert Greenberg is intended to recognize exceptional service to the Jewish Community over the course of many years. It is the highest award the community can bestow.

Nominations shall be submitted to the Selection Committee in writing by Friday, March 26, 1993 including a résumé of the individual's or organization's contribution to community life.

The presentation will be made at the Annual General Meeting of the Community on June 9, 1993. The name of the award winner will be recorded on the tablet in the Jewish Community Centre building. A replica will be given to the recipient.

Address recommendations to Dr. Eli Rabin, Chairman of the Selection Committee, 151 Chapel Street, Ottawa, K1N 7Y2 marked "Nominations for Distinguished Service Award."

Commentary

Myra Aronson

Jew, I'm no Expert!

I've always been in awe of those mothers who, on demand, could just "whip up" a Purim costume for their children. This simple little thing is usually bejewelled, beribboned and bedecked from top to bottom.

I, on the other hand, am totally hopeless. Actually, it's downright frustrating for me. In my mind I see a fabulous creation - exquisitely proportioned and magnificently crated. The problem is that its splendor exists *only* in my mind - this costume is but an illusion.

Consequently I dread hearing those five little words from my children "Mom, I need a costume." To start with, I pretend not to hear the request. No sense in getting myself aggravated too soon. Eventually I progress to "Yes, we'll have to think about that."

It's only when I can't put it off any longer - usually the night before - that I become crazed with a sense of purpose.

In response to my desperate suggestions, I usually hear "But I was that last year" or "Boy, that's the stupidest idea I've ever heard. I'd look like a dweeb."

I brighten up at this remark "I thought you're supposed to look sort of bizarre." There is no response other than an exasperated roll of the eyes.

Next begins my frenzied scramble through the house madly grabbing at anything that could remotely be incorporated into a costume. By this time, I am aided in my quest by my older children who miraculously have survived the indignity of wearing my earlier endeavours.

"Let him wear this" says my older son. "I had to wear it, so why shouldn't he?" My youngest responds with a look of sheer disdain.

Eventually, thanks to this collaborative effort, my ten-year old has a costume resplendent with tinfoil, giftwrap and stickers.

With this irritating chore out of the way, we can all head to the kitchen to make hamantaschen. At the very least, I have the opportunity to regain some credibility in the eyes of my children - I do know how to bake.

Of course, we are usually in the kitchen for hours, rolling, cutting, stuffing and pinching dough, as in a moment of unbridled enthusiasm I have decided to triple the recipe. Have you ever noticed that no matter how long you continue to scoop, the bowl of filling never seems to diminish?

All kidding aside, I really do enjoy preparing for the celebration of Purim, in spite of the pre-holiday frenzy. However, I do long to hear my youngest say "Mom, I'm too old for a costume!"

...

In this issue the Bulletin has introduced a new series of columns entitled Spotlight on Neot Herzl.

As you are no doubt aware, the Ottawa Jewish community is twinned with this neighbourhood in Netanya, Israel through Project Renewal. Although select articles have been printed in the past, it was thought that a regular column would better acquaint you with everyday life in Neot Herzl.

The Bulletin hopes you are enjoying the other new columns that have been featured over the last few months. If you have any comments or suggestions for *The Health File*, *New Ottawans*, *Professional Profile* or *Focus on Finance* or have ideas for further features please contact me at the Bulletin office 789-7306. We want to hear from you!

Hamas Included in Terrorism Report

WASHINGTON, (JTA) — The State Department confirmed that it was, for the first time, including a section on the Hamas fundamentalist movement in its annual report on global terrorism.

The inclusion of Hamas in the report comes in the wake of the recent arrests in Israel of two Palestinian Americans accused of funneling money to Hamas activists, and follows weeks of controversy over Israel's deportation of over 400 Palestinians, many of whom had ties to Hamas.

"The group's violent activities increased dramatically during 1992," said State Department spokesman Richard Boucher. Hamas' activities included "increasingly lethal tactics" such as roadside explosions and car bombs, he added.

Boucher said the inclusion of Hamas was not part of any deal with the Israelis regarding the deportation issue.

The United States was instrumental in crafting a compromise with Israel whereby 100 of the 400 deportees would be returned almost immediately, and the terms of deportation of the others were to be shortened.

Recent reports have suggested that the Hamas movement is now being directed by leaders in the United States and Britain.

The terrorism report, scheduled to be released in late April, is a barometer of U.S. attitudes toward various movements in the Middle East and elsewhere. It includes countries as well as organizations.

EXCERPT OF COMMENTS

BY

PRIME MINISTER BRIAN MULRONEY

At a press conference with President Clinton

Washington, D.C., February 5, 1993

"We touched peripherally on the Middle East because the Secretary of State is going at an early moment. My own view is that we tend not to try to give Israel lessons in regard to the determinations it has to make about its own national security. Israel is entitled to make some important value judgments about itself. That being said, I congratulated the President and the Secretary of State for their leadership in bringing about the first step — the return of the hundred deportees, which I think was an excellent example of diplomacy and international leadership by the President.

"It is the first step, not the whole answer. And it is a complicated matter, the resolution of which will be clearer after Secretary of State Christopher has had an opportunity to visit the region. We are supportive of the UN resolutions. But I am always very concerned when people start to lecture Israel on the manner in which it has to look after its own internal security because for very important historical reasons, Israel of course is better qualified than most to make determinations about its own well-being."



Purim 1993/5753

Sunday, March 7

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Saturday evening, March 6

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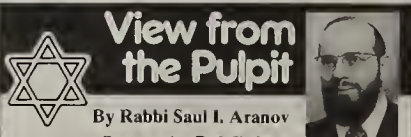
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View from the Pulpit

By Rabbi Saul I. Aranov
Congregation Beth Shalom

Purim Parallels: A Tale of Two Jewish Communities

Some maintain that the Almighty relates to Jewry outside of the Holy Land through Divine concealment. Purim symbolizes this behaviour. The Divine Presence is not mentioned in the Scroll of Esther and the miraculous was not manifested in a revealed manner, yet was working behind the scenes. However, when Israel's presence in its own land is at peril then an order of Divine revealed involvement is apparent.

One might demur that we can detect Divine revealed activity at the Egyptian Exodus even though the land of Canaan was not yet colonized by Israel. In response one can state that for over 200 years there appeared to be Divine concealment and only at the saga of the Exodus did the nature of revealed miraculous activity come to the fore. This was preparatory to the Revelation at Sinai and the entry to the land that was promised to the Patriarchs' descendants.

The historical question to be asked about the Purim story is, what Divine promises, if any, were made that would necessarily influence the way that the Almighty related to the events surrounding Purim? We learn from the prophet Jeremiah (Chapter 29) that Judah was about to enter exile for seventy years (Jer. 29:10). During that period the Judeans exiled to Babylonia were to pray for the welfare of the foreign city-state of that empire. This pattern of behaviour in exile would guarantee that God would preserve the Jews while in exile until the time when they would return to their homeland in a great ingathering (Jer. 29:14).

Forty-seven years later Cyrus of Persia conquered the Babylonian Empire and he proclaimed an edict of return saying that Judeans who dwelled in Babylonia should migrate to Jerusalem to rebuild their Temple as recorded in II Chronicle 36:22-23. Rashi commenting on Jer. 29:10 stated that in the first year of the reign of Darius King of Persia the 70 years of exile ended and then Cyrus reigned and announced the return to Judea. Whichever calculation one uses one can conclude that when the Purim events transpired two migrations of Judeans from Babylonia had already returned to Judea. The first Aliyah is noted in Ezra 2:64 when 42,360 returned and in Aliyah Bet, 1,800 Judeans returned as noted in Ezra chapter 8.

Those who returned established a renaissance of Jewish life in Judea under disruptive conditions. They built a second Holy Temple and created the institution of the Great Synagogue known as "Anshei Knesset Ha-Gedolah". The entire Judean society was reconstituted. Inter-marriage was uprooted, the exploitation of the poor by the rich landowners was dealt with, a program was initiated for the dissemination of Torah knowledge and the enhancement of the Oral Law that enabled the Judeans to become masters of their own fate.

What of those Jews who remained in Persia as noted in the Megillah? The multitude enjoyed prosperity, but they were obliged to confront the anti-Semitic attacks and propaganda of a minority who fell under the wicked Haman's influence. The Jews of Persia lived in insecurity from moment to moment. They were victimized by circumstances which appeared to be beyond their control due to a whimsical ruler Ahasuerus who initially accepted Haman's anti-Jewish advice. Fortunately in the Purim tale, victory was snatched from the jaws of defeat but only temporarily. While the end of the Megillah records Mordecai's meteoric rise in the political sphere, the Talmudic tradition notes him as having subsequently left Persia for Judea where he was appointed to the Great Assembly.

In those days, In our times

In our times the two Jewish communities - Israel and the greater Diaspora Jewish community confront different challenges than those of the Jews of Persia and the State of Judea during the time that Purim began to be celebrated. While the groups who create the problems are different they draw on a common core of hate. In Israel there is Hamas - a Haman-type Islamic Fundamentalist organization that proclaims the total annihilation not only of an organized Jewish State but is unashamed to declare that it is also pledged to the destruction of individual Jews whether or not they are Zionistically inclined.

The problems that confront Diaspora Jewry throughout the world today are the hateful propaganda and the acts of vandalism that are perpetrated against Jewish communal institutions, synagogues and cemeteries. The neo-Nazi groups, Holocaust Revisionists and racist organizations do not hide their animosity to Jews and to racial minorities in their midst. Hence Purim still has a reason for being celebrated in our time - to warn us against complacency. We must always be vigilant about those who seek to foment hate through violent means even though they may appear to be few in number.

Jews welcome election of Havel as new Czech Leader

PRAGUE, (JTA) — The Jewish community here has welcomed the recent election of Vaclav Havel as president of the new Czech Republic, saying the playwright-turned-politician has demonstrated an understanding for Jewish concerns.

Havel, the dissident who led Czechoslovakia after the country's Communist government was thrown out of power in 1989, was elected Jan. 26 as the first president of the Czech Republic.

Rabbi Karol Sidon, chief rabbi of the Czech Republic, told the Jewish Telegraphic Agency that Havel's election is "a very good start for the new state."

Sidon, a fellow-signatory with Havel of the Charter 77 manifesto against the former Communist regime, said he believed Havel would make an even better president now than he was of

the old Czechoslovakia.

Havel resigned as president of the former Czechoslovak state last July after Slovak members of the old Parliament blocked his re-election.

Havel campaigned against the breakup of the binational state, but the two republics split apart on Jan. 1.

Sidon said Havel's experience as Czechoslovak president exposed him to the political realities needed to run a country and thus make him a more capable leader.

Havel's election as president to the new republic came after a nasty debate in the Czech Parliament.

A group of 11 representatives from the racist, right-wing Republican Party of Miroslav Sladek tried to block Havel's election by filibustering for sev-

eral hours.

They insulted Havel and accused him of being a tool of external forces, including a charge that he was being paid off by foreign interests in shekels, the Israeli currency.

In the final tally, Havel won with 109 votes to Sladek's 14 votes and 49 for the Communist-led left bloc.

Jiri Danieck, president of the federation of Jewish communities of the Czech Republic, said Havel has an understanding for the concerns of the Jewish community.

Danieck, who was another co-signatory of the Charter 77 manifesto, said he regarded Havel as the country's best choice for president and commended the Czech leader for his moral integrity.

Ukrainian President Kravchuk Addresses Israeli Knesset

Ukrainian President Leonid Kravchuk concluded his two-day visit to Israel with an address to the Knesset and a meeting with Prime Minister Rabin. In an emotional session in the Knesset, Kravchuk recalled the bitter past relations between Ukrainians and Jews and expressed hopes for a better future.

Prime Minister Rabin expressed his appreciation, noting that Kravchuk's visit to Israel was one of his first efforts in international diplomacy since being elected president last year. "The ties between us, between the Ukraine and Israel, are the product of a revolution taking place in the world, and we are grateful to you for taking the trouble to nourish and develop this link," Rabin said.

Foreign Minister Shimon Peres and Ukrainian Foreign Minister

Anatoly Zelenko signed a number of agreements, including one for direct commercial flights between the two countries, in addition to agreements for cooperation in the fields of education and culture, agriculture, and science and technology.

The aviation agreement is a framework pact to enable direct flights by determining the actual flight paths used. The educational agreement provides for various cultural exchanges.

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Opening of Wiesenthal's Museum of Tolerance

When I was a young man, an architect by profession, I thought I would spend my life building nice homes and communities. Perhaps I could have designed a building as beautiful as the one that will now bear my name. But I will never know...Nazism destroyed my dream.

I was forced to live my life in the shadow of a memory. Wherever I found myself...it was there beside me. I can still see my dear mother thrown into a box car - just a few yards out of my reach. I called out to her in desperation with all my might, but it was in

vain. She never heard my anguished farewell. She was taken away to a death camp to be murdered with millions of others. Eighty-nine members of my family perished in the Holocaust while the world was silent.

You know the rest of my story. I wandered from place to place, speaking for those who lost their right to speak at Auschwitz; for those who were abandoned at Majdanek; for the million and one-half children whose only crime was to be born.

Today, when I see the rise of anti-Semitism here in Europe, the inhumane treatment of innocent people in Bosnia, the ethnic and racial unrest in the United States and around the world...when I see the popularity of Le Pen, of David Duke, of the Holocaust revisionists, then I am convinced more than ever about the need for our new Beit Hashoah-Museum of Tolerance, a museum that will educate young people about hate and intolerance, a museum that will teach them not only about what happened yesterday, but what is happening in their world today.

Most importantly, the Simon Wiesenthal Center and its Beit Hashoah-Museum of Tolerance will be more than a place that remembers. It will be a place that remembers to act as well.

Simon Wiesenthal

The Simon Wiesenthal Center's Beit Hashoah - Museum of Tolerance, a \$50 million world class educational center, founded to challenge visitors to confront bigotry and racism, and to understand the Holocaust in both historic and contemporary contexts, held its official dedication ceremonies in Los Angeles on February 8. Famed Nazi hunter Simon Wiesenthal and Federico Mayor Zaragoza, Director General of UNESCO (United Nations Educational, Scientific and Cultural Organization) joined with other public officials for the dedication ceremony. The Museum opened to the public on February 9.

Through technologically advanced exhibits, hands-on computer stations, interactive displays, graphics, films and video monitors, this unique experiential museum will focus on two central themes: the history of racism and prejudice in the American experience and the story of the most monumental example of man's inhumanity to man - the Nazi Holocaust.

The 165,000 sq. ft. museum includes a 28,000 sq. ft. permanent exhibition level; an 8,400 sq. ft. Multimedia Learning Center, with more than 30 individual work stations where visitors will be able to access extensive historical and information data on the Holocaust, World War II and anti-Semitism; and the Wies-



Simon Wiesenthal Center, Beit Hashoah Museum of Tolerance.

enthal Center's extensive archival collection. A dramatic Tower of Witness rises from the floor of the main museum to the top of the dome and is embedded with 2,480 photographs originally brought to Auschwitz by its victims (courtesy of Anne Weiss and the State Museum of Auschwitz-Birkenau). The Tower bears witness to the sanctity of life and the endurance of the human spirit.

The facility also houses 6,700 sq. ft. of temporary exhibit space and a 16,000 sq. ft. Memorial Plaza, dedicated to the victims of the Holocaust. A 324-seat theater and a 150-seat auditorium will preview films, lectures and

seminars.

The concept for the Museum of Tolerance - the first of its kind - was originated by the Wiesenthal Center's Founder and Dean, Rabbi Marvin Hier, and the leadership of the Simon Wiesenthal Center.

California Governor Pete Wilson has heralded the Museum as a place where those who visit "leave knowing that they can and must make a difference and thus keep alive the hope that agony suffered by the just could yet bring victory."

The Beit Hashoah - Museum of Tolerance is located at the Simon Wiesenthal Plaza, in Los Angeles, California.



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Sun. closed



From Soup to Nuts

By Donna Karlin

Purim is soon upon us and now is the time to start making hamantaschen. It's never too early to begin; they freeze beautifully. If your house is anything like mine, it doesn't matter how many you make the first time around; it's never enough! My philosophy is: once your kitchen looks like a tornado hit anyways, why not make a day out of it?!!

Hamantaschen Dough

4 eggs
3/4 cup sugar
3/4 cup oil
1 tsp salt
2 rounded tsp baking powder
3-3 1/2 cups flour

In processor, combine eggs, sugar, oil, orange juice and salt. Process 10 seconds to combine. Add baking powder and 3 cups flour. Process just until combined. Add the extra flour if too sticky. The dough should be somewhat sticky, but rollable. Roll out on floured board. Cut into 4" circles (2 1/2-3" for chocolate filling - recipe follows). Fill with heaping teaspoonfuls of filling (see choices below). Bring ends up and pinch to form triangles. Place on foil lined greased cookie sheets and bake at 400° until golden brown.

Poppy Seed Filling

1/2 lb poppy seeds
3/4 cup honey
1/2 cup sugar
1 orange
1 lemon
1 egg

Pour boiling water over poppy seeds and soak about 2 hours. Drain well and place in processor. Cut orange and lemon into 4 pieces and add to processor. Process until fine. Add the remaining ingredients. Process to combine. Pour into a small saucepan and boil for a few minutes, stirring constantly. Cool. Refrigerate until cold.



Cheese Filling

These taste like miniature cheese danish.

3 oz cream cheese (small block)
2 Tbsp sugar or to taste
1 egg yolk
1 Tbsp sour cream
1 tsp grated lemon rind
1/4 tsp vanilla extract

Process all ingredients until well mixed.

Easy Chocolate Filling

1 pkg Hershey's kisses

Roll out hamantaschen dough and cut into 2 1/2-3" circles. Place a Hershey's kiss in the centre and bring dough up around it. Delicious!

Apricot Pecan Filling

1/2 lb dried apricots
1/2 cup brown sugar
1/2 cup chopped pecans
1 Tbsp grated orange rind

In processor, process apricots and brown sugar with steel blade. Add orange rind. Process two seconds. Add nuts and process On/Off just until incorporated.

Date Filling

1 lb soft pitted dates
1 cup chopped nuts
1 orange
1 tsp lemon juice

Check all dates for pits before placing in processor. Process until chopped fine. Add lemon juice and chopped nuts and process just until combined.

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"Everyday's a Holiday"

Passover Cooking that's Sure to Please

by Joy Mender

Are you tired of the same old Passover recipes you rely on year after year? Interested in trying something new and delicious such as chocolate truffle cake and apricot stuffed chicken rolls? The Hillel Academy P.T.A. under the direction of their very own well-known gourmet chefs, Myra Aronson and Donna Karlin has assembled a cookbook entitled "Everyday's a Holiday" complete with over 500 mouth-watering recipes for all occasions. Take the step, indulge yourself and invest in this wonderful cookbook. If you already have your own copy, why not bring one this year to your Passover Seder hostess. For your copy contact Donna Karlin 829-4566; Joy Mender 820-2213; Ellen Osterer 737-7525 or Myra Aronson 731-6306.



בסח

B'nai Brith provides Passover Baskets

by Elizabeth Budai,
JFS Coordinator, Immigration
Program

For the third year B'nai Brith Ottawa will be assisting those having problems in making a "Happy and Kosher Pesach". What began as a project to help immigrants and refugees has changed over the years to include all those in Ottawa who require Passover food assistance. Last year close to 75 families and individuals were given baskets and this year, the number is expected to rise.

Traditionally, B'nai Brith has always helped those less fortunate and over the years, has collaborated on many projects with Jewish Family Services. The Passover Basket Operation mobilizes many B'nai Brith Brothers who contribute everything from goods and services to volunteer packing and delivery time. We applaud their efforts

both individually and as a group.

Other cities have bought into the concept of the "Mazon Fund" whereby a percentage of what would have been spent on floral arrangements, or centre-pieces at a simcha is donated to Mazon which is a food program. More and more local families celebrating events are sharing their happiness and showing their concern by donating in this manner

to charities of their choice.

B'nai Brith starts programs early and has already asked the JFS for the numbers of baskets to be purchased. Should you know of someone who could benefit from receiving a Passover Basket, please feel free to inform Jean (789-1800) at JFS. Similarly, if you wish to donate funds to this program, JFS would be happy to provide a tax receipt.

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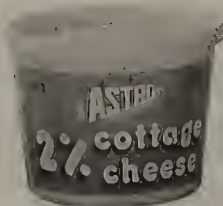
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Low-Fat Fettuccine Alfredo

Serves 1.

This is as close as you can come to the silken-smooth original without using cream. A terrific way to pamper yourself when you're making dinner for one.

1/3 (75 mL) cup Astro 2% cottage cheese
2 tbsp. (25 mL) freshly grated Parmesan cheese
Freshly ground pepper to taste
3 oz. (75 mL) fettuccine noodles

Blend the cottage cheese and Parmesan in a food processor or blender until smooth. Cook the mixture in a small saucepan over medium heat until heated through, stirring constantly. Do not boil, or the mixture will separate. Season with pepper.

Cook the fettuccine in plenty of boiling, salted water until al dente. Drain and toss with heated sauce.

Note: For a delicious vegetable variation on this theme, top the cooked fettuccine and Alfredo sauce with 1 cup/250 mL assorted veggies steamed until tender-crisp — julienned carrots, zucchini, snow peas, or broccoli flowerets.

Ottawa's Rideau Bakery: A Family Tradition

by Alyce Baker

Rideau Bakery is an institution in Ottawa and though this venerable establishment has been around since before most people can remember, there is a fascinating history behind the loaves of hot tasty bread that line the shelves on both Rideau and Bank Streets. This month a new page will be added to the already bulging book of memorabilia as a new generation takes over the dough business.

But let's not get ahead of ourselves. Come back with me as we trace the footsteps of the Kardish family and their arrival on Canadian soil back in 1926.

"The Bakery is a way of life, it ties the family together"

David Kardish and his brother Abie left Russia, one shortly after the other, to pursue a better life in Canada. They brought with them their knowledge of the trade they plied in the Old Country — baking. At first they were employees of both the Mosion and the Bodnoff families. In 1930, the brothers went out on their own, setting up shop at the corner of Rideau and Nelson (some of you may remember Mickenberg's kosher deli on the same block). In 1940, a fire next door at the Chinese laundry forced the family to relocate to Clarence Street between Friel and Nelson. There are many native Ottawans who have fond childhood memories of Sunday visits to this location, where the delicious aroma of freshly baked breads and cheese danishes wafted out to the customers. Rose Taylor, (Abie's only child) reminisces how after the fire the family sold bread out of the living room of their apartment at 359 Rideau. This building next door to Le Droit became the Bakery's retail location in the 1950's.

The Clarence Street site housed the plant until 1970 when the City expropriated the property. The family then moved to its current premises on Bank Street. The present bakery on Rideau became available in 1965 when the Kardish family purchased the property from Phil and Lawrence Sugarman who operated a food-liner in that location. It was here on Rideau Street that pastry was first introduced while the bread

and rolls were produced solely on Bank Street.

Abie Kardish had one daughter (the aforementioned Rose Taylor). David had nine children who were in order of descending age: Louis, Jenny, Sam, Libby, Moe, Issie, Israel (Yippy), Edie and Annie. Every one of the brothers' children worked in the bakery in one capacity or another. To this day Moe and Sam can be found working the floor of the Rideau Street site. "The Bakery is a way of life," says Louis Kardish a member of the third generation who is currently overseeing the business operation. "It's what ties the family together and has kept us all close through the years."

Louis went to the University of Ottawa and graduated with an accounting degree. When no jobs were available to him, he came into the Bakery when the chief bookkeeper was retiring. Having worked there part-time since he was fifteen, the business was second nature to him.



As time progressed and Issie, the guiding light of the business grew older, Louis his son, took over more and more responsibility. In 1991 the family suffered two major blows; the deaths of both Issie and his sister Jennie Cohen who will be fondly remembered at the Rideau Street location, ever watchful, with a pleasant aside to all the patrons and a cookie for the youngsters.

With two major holes in the operation, Louis knew the business could not continue. His other uncles, Sam and Moe, were putting in as many hours now as they had thirty years ago. They were getting weary and contemplated retirement. Fortune's face shone on the family in a mysterious way. In search of a replacement when the Bakery's lawyer Ted Metrick passed away, Louis called up his cousin David Kar-

dash (affectionately known as Bear), and offered him the position. While discussing matters, David expressed an interest in a permanent job and now the lawyer will soon have his hands in dough rather than law books. Louis' brother (also David) an accountant by profession has joined forces with his cousin and this triumvirate is the new generation of the Kardish family to assume the helm.

"The Bakery has been part of every simcha that ever took place in this city"

A day in the life of a baker is far from glamorous. Louis Kardish wakes up at four in the morning daily and arrives at the plant at five thirty to oversee all facets of the operation including the bagging of the bread, drivers and the routes. The rest of the day is consumed with paper work, orders, purchasing and invoicing. In fact as the interview progressed we were continuously interrupted by the ringing of the telephone. "Parliament must be back in session," quips Louis as the Bakery supplies two of the main restaurants on the Hill. Kardish goes home for a break at three thirty and returns a few hours later to close up and make a production list for the following day. He finally heads home at eight in the evening. Seven days a week is a tough grind for any employee and Louis has been following this same routine for fourteen years. Holidays come at Passover when the Bakery closes down for two full weeks. Louis and his predecessors share a common feeling. The motivating factor was never to get rich but just to make a living. "The Bakery has been part of every simcha that ever took place in this city," says Louis with pride.

As proof of this point I made my way through counters and trays laden with decorated cakes. Icings in a rainbow of colours decreed, Best Wishes on your Retirement, Happy Anniversary, Bonne Fête, etc.

"I just want people to enjoy it," says Kardish of his products. Then he goes on to recount a story of a federal employee posted to China. When a family member asked this gentleman what they could bring from



Clockwise from the bottom left: Issie (Louis Kardish's father), Libby Lief, Israel (Yippy of Kardish Deli), Jenny Cohen, Sam Kardish, Moe Kardish, Mrs. Kardish (Bubbi), picture taken in Russia prior to coming to Canada in 1926



In the background, Max originally a driver and now the main baker. In the foreground Uncle Sam (Martin Cardash's father).

Ottawa, he requested Rideau Bakery rye bread. As proof, the gentleman took a picture of himself munching a salami sandwich composed of Rideau rye bread in front of the Great Wall and sent it to Louis.

Not only does Louis Kardish not eat anyone else's bread, he often forgets to bring home any of the Bakery's products for himself. This can be likened to the shoemaker's children going barefoot.

Rideau Bakery consumes 27,000 pounds of flour per week on average. The family's secret recipe (which cannot be patented) is based on careful attention. Rye bread is sour dough based, where a little bit is left over from the previous day and used as starter. The dough is turned several times in this day process. As Kardish points out, when your hands go into the dough you are actually making a connection with family many years gone by.

No successful business operates trouble free. Can you imagine the Bakery, two days prior to Erev Rosh Hashanah with thousands of round challahs to bake and the fans that help to circulate the air in the ovens breaking down?

Four years ago, this crisis actually occurred. With the help of a machinery shop, the fans were temporarily repaired and nursed

to complete their task in time for the Holiday. Eventually a taxi hearing new equipment from Sherbrooke, Quebec arrived with a replacement part.

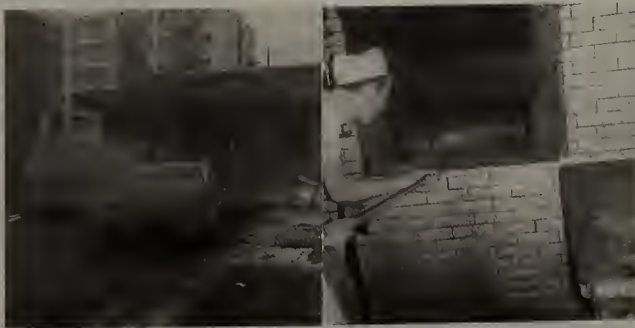
The Rideau Bakery bears a responsibility as the only Community purveyor of Kosher bread and pastry.

Louis Kardish would like to see a fourth generation come into the Bakery. Then he would see the values and work ethic that his father and uncles and aunts passed on to him transferred to his cousins and possibly his children.

Many years ago when David Kardish (the lawyer) was studying in the law library for his Bar exams, he turned to a fellow student, threw up his hands in frustration and exclaimed, "What am I doing here...all I ever wanted was to be a baker!"

Somehow destiny has taken over as brothers and cousins join together once again to carry on the rich tradition of serving Ottawa's community.

Editorial note: There might be some confusion in the spelling of the family's surname. Somehow the branch that landed in Canada in Halifax received a different version from the members who arrived via Montreal. Thus some family members spell their name Kardish, others Kardash and still others Cardash.



Original bakery on Clarence Street.

KID LIT

by Deanna Silverman



Inspiring And Entertaining

The critical task for authors of inspirational fiction is packaging their message as entertainment. For example, a message about the power of faith may be presented as an adventure, a magical happening in the real world, an activity totally unconnected with the material world, a diary, etc.

If the story has strong characters, action and emotional pull, its message is probably going to come across without intruding on a "good read." If these elements are missing, the story is likely to be seen as little more than pedantry.

At a time when nonfiction authors are borrowing writing techniques from fiction to make their work exciting, pedantry in storybooks is a cardinal no-no. Kids seem to have built-in radars that immediately gauge such books as "boring."

Fortunately there are many outstanding Kid Lit books with Jewish content that are both inspiring and entertaining. The following two recent selections from Harper Collins Publishers will be a welcome addition to every kid's library.

The Sabbath Lion

A Jewish Folktale from Algeria
Retold by Howard Schwartz and Barbara Rush
Illustrated by Stephen Fieser
Harper Collins Publishers 1992
Unpagged Ages 5-10

Riches

By Esther Hautzig
Illustrated by Donna Diamond
Harper Collins Publishers 1992
44 pps Ages 10-12

The Sabbath Lion is a magical Arabian Nightsish adventure story retold by the co-authors of *The Diamond Tree*, a 1991 American Library Association notable book (reviewed here Jan. 15, 1991). Schwartz and Rush, professional storytellers and



A Jewish Folktale from Algeria

Retold by Howard Schwartz and Barbara Rush - Illustrated by Stephen Fieser

researchers of Jewish folklore, have written another winner.

Ten year old Yosef loves honoring the Sabbath. It's his one day of rest from work in the marketplace in Algiers. When Yosef joins a caravan crossing the North African desert to Egypt, his mother sells her wedding ring to raise the money for an extra fee to ensure that the caravan will rest on Shabbat. Once in the desert, however, the caravan leader breaks his promise.

Yosef remains steadfast. He will not travel on Shabbat and is, literally, abandoned in the middle of nowhere. Shades of "Home Alone II." Fearful but determined, Yosef greets Shabbat as always, with songs and prayers.

Magically, a giant lion rushes to Yosef's side, becoming his protector for Shabbat and the rest of his adventure.

Fieser's radiant illustrations depicting the human emotions, the vastness of the sun-drenched desert and the power of Yosef's protector add exquisite expression to an excellent story.

Set in a small town in Eastern Europe, *Riches* is a delicately crafted, tender story of love,

faith, devotion and personal growth. After a lifetime of successful storekeeping and generosity to the poor, Samuel and Chaya-Rivka retire wealthy. What will they do with their time?

Chaya-Rivka plans to study. Samuel doesn't know what he wants to do. He consults the Vilna Gaon. Although the wise man's advice is cryptic, Samuel agrees to follow it faithfully. As he does so, he and his wife discover a new, deeply satisfying world of riches.

Pleasant line drawings enhance the emotional shadings of this heart-warming, gentle story.

Wishing you and your family a happy, *freilich* Purim!

Teensy Tykes and Toddlers Culture Club

by Abby Rabinowitz

If you're a mom, dad or a babysitter at home every day caring for a toddler or infant or both, then you know about the tremendous amount of imagination and creativity it takes to provide interesting and educational entertainment for an active child. Even weekends for a working parent can seem long if you are "stuck" indoors.

You may be interested in the Teensy Tykes and Toddlers Culture Club. The program offers bimonthly activities on various themes. Each morning session centers on different types of skills with an experienced and qualified educator as well as coordinator. The activities include art, sports, baking and

music.

The sessions are based on parent-tot participation and are structured for the active child under four. All programs include a kosher snack, story, small and gross muscle recreation and freeplay activities. The relaxed environment provides both a pleasant way to introduce your child to school and an opportunity to interact with other children.

The sessions at \$2 to \$3 each, all take place at Maimonides School, 25 Esquimaux Avenue, Nepean, where a full library, gym, sandbox, indoor slide and climber as well as art, puzzle and other activity tables are provided. If you would like further information please contact Chaya Tabak at 725-0328 or Abby Rabinowitz at 820-9484.



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Auction Fundraiser for Hillel Academy and Na'amat

by Rita Taylor

If you love to bid, want an evening of excitement, and like getting what you've bargained for, then CATCH THE ACTION AT THE AUCTION!

What auction? It's the goods and services auction sponsored by Hillel Academy and Na'amat Ottawa on Sunday March 28 at 881 Broadview Avenue. Viewing time is from 6:30 pm to 7:15 pm and the auction begins at 7:30 pm sharp. There will also be a silent auction conducted throughout the evening. Tickets are \$3 per person, \$5 per couple and will be sold at the door. Refreshments will be served.

Professional auctioneer Peter Walker, of Walker's Auctioneers and Appraisers, has generously donated his services for the evening. Walker's is one of

Ottawa's leading estate auctioneers and has been established for over 50 years.

This joint fundraising event will raise money for Hillel Academy's Computer Program and Na'amat's new daycare facility in Ashdod, Israel. Both organizations hope the community will participate.

Local businesses and individuals have generously donated a variety of goods and services such as a weekend for two in a first-class hotel, a 20" color TV, theatre tickets, framed artwork, Ninja Turtle knapsack, sleeping bag, tent, legal services, psychic session, sewing and tutorial services, luxury car rental and much, MUCH more!

Don't forget to mark March 28 on your calendar NOW! And catch the action at the auction!

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"DOES THE NEW U.S. ADMINISTRATION
HERALD CHANGES?"

March 30

•Policy Conference: 9:30 a.m.-5:00 p.m.

— Federal Political Party Statements
— Plenary Session

•Cocktail Reception: 5:30-6:30 p.m.

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Honourable John Fraser, P.C., M.P.

•Parliamentary Dinner: 6:45-9:30 p.m.



Hon. Shimon Peres, M.K.
Foreign Minister of Israel
Guest Speaker



Hon. John Fraser, P.C., M.P.
Speaker of the
House of Commons

Registration Information: \$100.00 per person OR \$125.00 per person after March 7; full-time students with proper identification, \$50.00. Fee includes all Conference activities and Parliamentary Dinner. Full payment must accompany registration.

To register: Please complete form below and send, with full payment to: Canada-Israel Committee, Conference Registration, 130 Slater Street, Suite 630, Ottawa, Ontario, K1P 6E2. Please make your cheque payable to the Canada-Israel Committee.

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SPECIAL

The Trial of Jacob Luitjens, Nazi War

by Arnold Fradkin

The Jacob Luitjens case is unique in various ways. First of all, it constitutes Canada's only successful proceeding since the Government launched its War Crimes program over five years ago. Secondly, it is one of the only two cases taken under that program which has actually gone to trial. And thirdly, it is the only civil (as opposed to criminal) proceeding which has to date been taken under that program.

Although civil in nature, the Crown was nevertheless required to prove its case with a high degree of probability (instead of the more usual balance of probabilities) because, to use the Court's words, the "very important" issue at stake in the trial was Luitjens' right "to keep Canadian citizenship and the various consequences which may result if that citizenship ceases." Those consequences included ejection from membership in the Canadian polity, the likelihood of deportation, and the possibility of serving a life sentence in the Netherlands which had been imposed in 1948 by a Dutch Court (in absentia) for collaboration with Nazi Germany.

By 1981, Dutch authorities were aware that Luitjens was in Canada

The citizenship trial began on September 27, 1988 in the Federal Court of Canada sitting in Vancouver with Mr. Justice Collier presiding. The Crown called forty-five witnesses, fifteen of whom gave their testimony in the Court House in the city of Mepel in Holland through the process of rogatory commissions, and it also entered hundreds of documents as exhibits. The Defence called eight witnesses, including Luitjens. Mr. Justice Collier delivered his judgment in 22, 1991, and citizenship was removed by the Governor-in-Council on November 7, 1991. The transcripts of the witnesses who had testified during the trial in the Federal Court and the exhibits filed therein were subsequently placed before an immigration adjudicator who then ordered that Mr. Luitjens be deported from Canada. He arrived in the Netherlands on November 27, 1992 and was immediately taken into custody to serve his life sentence. He is presently incarcerated in a prison in Groningen in northern Holland.

Criminal proceedings have also been taken pursuant to the War Crimes program following amendments to the Criminal Code which gave Canadian Courts jurisdiction. In December 1987 charges were laid against Imre Finta in December 1989 against Michael Pawlowski and in January 1990 against Stephen Reistetter. But only the Finta case, went to trial and it resulted in an acquittal (which is presently under appeal.) The criminal charges against Pawlowski and Reistetter were, in effect, dropped later on. In



Arnie Fradkin at trial of Jacob Luitjens.

December 1992 charges were laid against Radan Grujic.

The pursuit of former Nazis evading justice is replete with ironies and twists of fate. One such irony is that it was a civil proceeding in Canada and not the criminal ones which has, so far, resulted in such a person actually ending up in jail.

The manner in which Jacob Luitjens was first discovered in Canada is not entirely clear. Simon Wiesenthal, head of the Jewish Documentation Centre in Vienna, stated in early newspaper reports that Luitjens had been traced to Vancouver by people who were members of the Dutch underground during the Second World War. A Dutch journalist, on the other hand, stated that he had located Luitjens in Vancouver, after receiving an anonymous tip following a series of articles which he had written on Nazi War Criminals published in 1980. Luitjens was working as a botany instructor at the University of British Columbia.

At any rate, by 1981 the Dutch authorities became aware that Jacob Luitjens was in Canada and eventually made a request to the Canadian authorities for his extradition. Canada refused on the basis that the offence of collaboration did not fall within the terms of its treaty with the Netherlands or the Extradition Act. And so Luitjens remained free in Canada, but his presence became known not only to the Jewish and Dutch communities but to the general public as well. In 1983 various articles appeared in the Vancouver newspapers bearing titles such as "City Man was Nazi, Wiesenthal declares" and "UBC Lecturer denies charges—Accused War Criminal here."

Public cries for action mounted. The Government referred the matter to the Deschenes commission.

Reports of the presence in Canada of other alleged Nazis or alleged war criminals also began to appear in the Canadian press and on television, and public indignation increased. Public cries for action by the authorities mounted and the Government ultimately referred the matter to a Royal Commission of Inquiry

chaired by Chief Justice Jules Deschenes. The Deschenes Commission delivered its Report on December 30, 1986. It was divided into two parts, Part I, which was published and amounted to 900 pages and Part II which was confidential. The Commission recommended the further investigation of approximately 224 cases, and, with respect to the 20 other cases where it had recommended in Part II of its Report that steps be taken toward either revocation of citizenship and deportation or criminal prosecution, said that urgent attention should be given to implementing those recommendations.

As Dutch support for national socialism decreased Luitjens increased.

The Government's response included the establishment in the spring of 1987 of a special litigation unit within the Department of Justice under the auspices of W.J. Hobson, O.C., who was at that time Assistant Deputy Attorney General (Criminal Law). Bill Hobson was widely regarded in governmental and legal circles as an experienced and excellent manager and an even better trial lawyer, with a reputation for getting a job done and done well. He asked me to lead a team of lawyers and historians with regard to certain matters, and to take carriage of the Luitjens case.

Jacob Luitjens was born on April 18, 1919 at Bultenzorg in Indonesia, then called the Dutch East Indies. The colonial community there has been described in newspaper reports as including prominent admirers of Anton Mussert, the leader of the Dutch National-Socialistische Beweging (translated as the Nationalist Socialist Movement and called the NSB for short). The Luitjens family returned to Holland in 1923 and settled in Roden, a village in the Northern province of Drenthe, where Jacob's father was the only veterinarian, a position which gave him, along with the local doctor and clergyman, considerable prominence and authority in the area. He supported the National Socialist Movement and its ideology.

The NSB, however, never had the backing of most of the Dutch

people, and as its ideology moved from a variant of Italian fascism towards German National Socialism and Nazi Germany policies, including an increase in its anti-Semitic program, its results at the polls dropped from 8% to 4%. But as Dutch support for national socialism decreased, the support given to it by Jacob Luitjens and his father increased. After Holland was invaded by Nazi Germany on May 10, 1940, he and his father extended their support by joining the NSB. Luitjens had been a law student at the University of Groningen (in the area where he is now imprisoned, about 15 kilometres from Roden), but returned home and increased his involvement. He became a member of the student wing of the NSB and began to distribute national socialist propaganda and newspapers.

The Dutch Nazi organizations he belonged to carried out Nazi Germany policies.

During the trial, we entered various samples of one of these newspapers as exhibits, namely the "Volk en Vaderland" the party newspaper. It graphically depicted to everyone in the packed courtroom the "virulent anti-Jewish comments," to use Mr. Justice Collier's words. Luitjens also became a member of the Weer Afdelingen (WA) which was similar to the stormtroopers in Germany. Its function was to ferment riots, intimidate people, and basically to "conquer the streets." Its members burned synagogues and heat and rounded up Jews and non-Jews, turning them over to the German forces.

Luitjens rose quickly through the ranks, and held several positions of importance in the National Socialist organizations including Administrator of both the NSB and WA units in Roden as well as the NSB Group Leader. He also became the training or propaganda leader which included teaching national socialist ideology to other such training and propaganda leaders. In 1944 he joined the Landwacht. The stated purpose of this organization was to protect leading members of the National Socialist Movement from the Dutch resistance, but its real purpose was to find the Jewish and non-Jewish persons who had gone into hiding. Evidence was led at trial of Luitjens' participation in raids by the Landwacht, sometimes in a leadership capacity.

Expert and factual evidence was also led at trial showing how the Dutch Nazi organizations Luitjens belonged to helped carry out Nazi Germany policies. After the invasion on May 10, 1940, Holland was ruled by Reichskommissar Dr. Arthur Seyss-Inquart, who had been entrusted personally by Adolf Hitler to absorb the Netherlands into Germany. (Seyss-Inquart was one of the 22 defendants put on trial at Nuremberg for war crimes after the war, and was hanged). Party leader Mussert

swore allegiance of the Dutch Nazi organizations to Hitler following which Seyss-Inquart declared that the NSB was the only political party in the Netherlands. In late 1943 he set up the Landwacht as an aid to the German secret police. Every member of the Landwacht had an intimate knowledge of the district and community in which he was active, which could not be matched by the German occupation troops. Many witnesses told me how only a local person in a village or town could tell if someone was being hidden. Only he could catch the clues such as extra garbage, a little more meat bought at the butcher, and so forth, which would give the secret away.

Expert evidence also disclosed that about 27,000 Jews including 6000 children had gone into hiding in Holland, 9000 of which were detected and deported. All in all, some 107,000 Jews were deported from the Netherlands to extermination and concentration camps of whom only 5200 were able to return.

In my opening statement to the Court, I described the Landwacht's activities as follows:

"You will hear evidence of how one of the Landwacht's main activities was its relentless search for and arrest of those hidden people.

The evidence will demonstrate that Landwacht members became the eyes, ears and feet of the Nazis in searching out their fellow Dutch citizens in hiding. Their success rested on their intimate knowledge of their own districts and communities. They knew who was likely to hide and where they might be hiding. They also knew who was likely to hide these people."

"The evidence will demonstrate that Landwacht members became the eyes, ears and feet of the Nazis."

The Landwacht rounded up suspected resistance members, arrested Jews and led "razzias" (raids) on homes suspected of harbouring Jews, members of the underground, persons trying to avoid being sent to forced or slave labour, and allied pilots whose planes had been shot down. Some of the persons seized by the Roden Landwacht were taken to nearby Norg, where the infamous Landwacht "blood squad" carried out their specialties in torture, described by Mr. Justice Collier as "horrifying." Other persons were sent to Westerbork, the concentration camp in Holland where Dutch Jews were held before being sent to the death camps in the east. Anne Frank, for example, had been sent to Westerbork after having been found in hiding, and was on the last train from that camp to Auschwitz.

Jacob Luitjens and other collaborators had been arrested after the war by the Dutch authorities and were kept in custody at Westerbork. It was ironic

Criminal: Canadian Citizenship Revoked

that during the trial in Canada Luitjens complained to the Court about the harsh conditions he and other Nazis had to endure while detained at Westerbork.

Luitjens escaped from Westerbork and quietly slipped into Germany where he linked up with a Mennonite group. He told them his name was Gerhardt Harder and went with them to Paraguay where he became a Mennonite and lived with them in a remote outpost in the Chaco area until he came to Canada as a permanent resident in 1961. He obtained Canadian citizenship in 1971.

Our case against Jacob Luitjens was that he had obtained Canadian citizenship by false representations, fraud, or by concealing misleading circumstances. It consisted of three independent foundations.

- (1) Luitjens was permitted to enter Canada as a landed immigrant because he had lied to immigration authorities. Since his status as a landed immigrant was thus invalid, and since such status was required to obtain Canadian citizenship, his citizenship was also invalid.
- (2) He lied in his citizenship application about his conviction in Holland.
- (3) He didn't have the "good character" required at that time to acquire citizenship.

Removes citizenship

The court team was led by myself and Bill Hobson with the very able assistance of junior counsel Joseph Rikhol (a Dutch and Canadian lawyer), historian Ronald Schmalz, and Sgt. Lovcenek of the RCMP. Other persons and police officers were also involved, including Inspector Jan Koppe of the Dutch police, whose humanity, persistence and creativity in his investigations brought about the discovery of invaluable evidence.

All three arguments were important. However, the evidence called on the first point could be used not only to remove Luitjens' citizenship but also to deport him, since it concerned immigration fraud. A deportation hearing, unlike a trial, doesn't necessarily require witnesses to testify, so we could simply file at such a hearing later on the transcripts of what the witnesses had said during the trial (which is, in effect, what happened). Furthermore, key evidence that Luitjens knew of his conviction before denying it in his citizenship application appeared inadmissible, thus providing further reason for us to emphasize the first and third points.

Proof that Luitjens had lied about his past in his immigration application form, however, had its own arduous burden since that form had been routinely destroyed as part of Canadian Archives policy after two years. We were required to prove, in other words, on a high standard, that he had lied in a form which the Court couldn't examine because it didn't exist.

But blank copies of that form did exist and we were able to prove through a sequential chain

of witnesses a high degree of probability that Luitjens would have been refused admission into Canada had he provided truthful answers to the questions set out in that form. The chain of evidence needed to do this required only about seven witnesses. They explained that no-one could enter Canada as a landed immigrant without completing this application form, and described how the security checks and inquiries which were done as a result of the answers given would have led to the discovery of Luitjens past if he had given the correct information. The Court accepted this indirect proof and the testimony of these witnesses.

Key witness was head of Dutch Security

One of the key witnesses on this point was the former head of the Dutch Security Investigation group who described how he would have located Luitjens' conviction and past activities and relayed that information to the Canadian authorities had the proper answers been given. The Court fully accepted his evidence. This man was one of the remarkable persons my colleagues and I had met in this line of work. After the war, he had received the highest medal the United States Government awards to a civilian and was also made a Member of the British Empire for having helped allied Air Force personnel escape from the Nazis. But the honour of which he was most proud was having been granted the title of Righteous Gentile by the Government of Israel for helping rescue Jewish people in Holland, and the tree planted in his name in the Avenue of the Righteous at Yad Vashem.

He told me that he visits Israel every year and proudly showed me the pictures he had taken annually beside that tree. He was seventy-two years old when he testified and had had two heart by-pass operations; but he gleefully described how on his last trip to Israel he had gone white water rafting. He was a man of great courage and morality and it was a great privilege and experience for us to have met him.

"Was a crafty liar"

Luitjens testified in his defence and tried to explain his activities as a choice between Communism and National Socialism. During the trial, a tape was played of his encounter in Canada in 1983 with a Dutch journalist, which included the following:

Q. "In how far do you feel what is right and what is wrong about what has happened?"

A. "Well, I mean most of these things are blatant lies. I told you yesterday already, that is not - or the day before yesterday, that is not now, they have done it 2000 years ago, already. These are the same methods."

In cross-examination on this point, his response not only showed lack of remorse but his tendency to lie and deceive.

Q. "Well, if it could have referred to the crucifixion,

who are the "they" you are referring to?"

A. "I didn't get this question?"

Q. "Who are the "they" you are referring to?"

A. "Mankind, because the Bible is written for all times, for all places, for all men."

Q. "I'm putting it to you, Mr. Luitjens, that you were referring to the Jews, isn't that correct?"

A. "No. False witnesses in the Ten Commandments are for all men. That is not only for the Jews. It's not our understanding of the Bible."

In the last lines of my closing address to the Court, I stated that the only reason Luitjens was able to enter Canada and obtain Canadian citizenship is because "he was and continues to be a crafty liar."

The Court decided in favour of the Crown on the first two points; (the third point was rejected on the basis that there was no duty to provide information about past activities when not specifically asked to do so.) But Mr. Justice Collier's decision went further than that; it contained immense precedential value. For example, he expressly accepted testimony concerning facts which occurred almost forty-five years earlier. He did not require proof of the Holocaust, but instead described it as "an accepted historical fact". And he accepted the newly emerging expanded role that expert witnesses could provide in these kind of trials, describing their evidence as impressive. As a result of his decision, Canada for the first time removed the cit-

izenship of a naturalized Canadian because of his past Nazi activities. His decision is a precedent for similar action.

Arnie Fradkin was one of the founding members of the Litigation Unit which was formed in 1987 after the Deschênes Commission released its report on the existence of Nazi War Criminals in Canada. He has participated in panels and published papers with respect to Holocaust crimes. In addition to acting as lead counsel in the cases against Jacob Luitjens and Stephen Reistetter, he also acted as Deputy Director of the Unit since January 1990.

In January 1991 he returned to his civil litigation practice with the Department of Justice and concentrates on human interest cases.

Parliament Lodge donates funds to League for Human Rights

This past fall, the members of Parliament Lodge B'nai Brith voted a special contribution to the League for Human Rights to support the important work of combatting racism and anti-Semitism. This initiative was brought forward following an expression of concern over the growing evidence of anti-Semitic activity both here and in Europe.

It was felt that a donation would both express support for the League and provide needed assistance to the League in maintaining a presence in the many fora where racism and discrimination continue to manifest themselves. The membership voted a special allocation to be used by the League for Human Rights in monitoring and attending key events in the battle against anti-Semitism.

Tom Gussman, past-president of the Lodge and currently a National Vice President of B'nai Brith Canada, was asked to con-



National Vice-President, B'nai Brith, Tom Gussman, centre, presents cheque to National League Chair Stephen Scheinberg and League Director, Dr. Karen Mock.

vey the expression of support and present the cheque at a board meeting in Toronto.

Gussman is shown making the

presentation to Dr. Karen Mock, League Director, and Professor Stephen Scheinberg, League Chair.

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Spotlight on NEOT HERZL

The Ottawa Jewish Community is twinned with the Neot Herzl neighborhood in Netanya, Israel, in Project Renewal

"I Bless the Day"

Beginning in this issue, there will be a series of columns entitled *Spotlight on Neot Herzl*. Through Project Renewal the Ottawa Jewish community is twinned with this neighbourhood in Netanya, Israel.

The column will serve to highlight various activities, events and special anecdotes about our twin community, as well as Ottawa's participation and contribution to everyday life in Neot Herzl.



Aliza Bueta with school child in the centre kitchen.

One day three years ago, Aliza Gueta came to the Project Renewal office looking for the welfare officer. In her own words, she was in distress, in a state of crisis. A resident of the tough Sela neighbourhood in Neot Herzl for the past 16 years, she had undergone an operation and divorced her husband after years of domestic conflict and violence. But Aliza made a mistake and went into the wrong office. Instead of the welfare officer, she faced Benny Ventura, Neot Herzl's Project Renewal director, and told him her story.

Benny is no advocate of welfare, which he regards as providing temporary solutions, through handouts, to problems which won't go away. "What you need," he told Aliza, a mother of three, "is a job." And he offered her one: to be the house-mother in one of the two home-environment centres operated by Project Renewal in Neot Herzl.

These centres, called in Hebrew "Mo'adonit No'ar", provide a home away from home to young school children (grades 1 to 6) who come from problem families and are better off spending time in a caring, structured framework than at home. They come to the centre, located in an apartment in a residential building, straight from school, and stay until five or six in the afternoon, when they go home. They receive a hot meal, have time to rest and watch a video, do their homework with the help of a college student, listen to a story and engage in play.

Children are referred to the centres by school psychologists, welfare workers and others. They suffer from emotional deprivations, characterized by poorly functioning parents (no work, drug addiction, alcoholism) and domestic distress. Every child, of course, has his or her own story. Thus, 30 children find a day-time home in the two centres (15 in each), run by a counsellor and house-mother. In this special environment, they receive the understanding and support that has helped many of them to experience gradual progress.

Funding for the centres has been provided by Project Renewal, through Neot Herzl's twinning with Ottawa, as a significant item in the social program's budget. This year, a third centre is being added to the existing ones. And, as was always intended by Project Renewal, funding is gradually being assumed by the Netanya Municipality.

Aliza accepted Benny Ventura's offer. Since then, she says, her life has turned around. She works for the children in the Mo'adonit five days a week, cooking the meals, maintaining the place in good shape, and being close to the children. She earns a living doing something meaningful. As part of Project Renewal's housing renovation scheme, she was able to enlarge her apartment, as did other residents in the neighbourhood.

She was an embittered person when she walked into Benny's office, but today she projects a feeling of fulfilment. "I never told you this," she said to Benny on a recent visit to her Mo'adonit, "but I bless that day. My hope is that everyone would be able to support themselves and not need help."

Trio of South African-born Sextuplets bound for Kibbutz

JOHANNESBURG, (JTA) — Three of the world's first surviving set of sextuplets are bound for Israel to work and study on a kibbutz ulpan.

The six Rosenkowitzes, whose birth on Jan. 11, 1974 was an international media event and whose lives have remained an object of worldwide curiosity, all graduated last month from the Herzliya Jewish Day School in Cape Town.

Emma and Elizabeth, both talented artists, and the third sister, Nicky, are to leave shortly for Israel on a program arranged with the help of the South African Zionist Federation.

The three girls, along with their brothers Jason, David and Grant, have all been instilled with Zionist ideals and have been provided with an intense Jewish education, said their father, Colin Rosenkowitz.

The father promised at the time of their birth that he would make Zionists out of all of them.

Colin Rosenkowitz also said that the sextuplets' successful graduation from high school was "the biggest triumph of their lives. It would have been traumatic if one or more of them hadn't made it."

While the sisters go off to Israel, the three boys will remain in Cape Town to continue their education.

The family has decided to take the money it has made selling the media stories about their graduation and donate the proceeds to their high school.

The Rosenkowitzes, members of the Constantia Hebrew Congregation, are active in the Jewish community.

The sextuplets attended a Jewish kindergarten and Herzliya Junior School before going to Herzliya High School.

In spite of worldwide media attention on all aspects of their private lives, including the boys' brit milahs and bar mitzvahs, the sextuplets have remained unspoiled and popular with their peers.

Israel must return ancient Sinai Artifacts to Egypt

TEL AVIV, (JTA) — Israel must return to Egypt within two years thousands of ancient artifacts it dug up in the Sinai desert, according to an agreement recently reached between the two countries.

During the nearly two decades that Israel held the Sinai after capturing it in war from Egypt, Israeli archaeologists conducted hundreds of digs.

But when Israel agreed to return the land as part of the Camp David peace treaty, it was also understood that Israel would eventually have to return the archaeological finds after completing research on the objects.

A team of Egyptian officials and archaeologists has visited Israel to discuss implementation of international agreements, which rule in certain cases that ancient artifacts must be returned to the country in which they were found.

The accords stipulate, however, that researchers be given five years to complete scientific stud-

ies and investigation, according to Professor Amir Drori, head of the Israel Antiquities Authority.

Some Israeli archaeologists said they were unhappy with the agreement, demanding more time to complete their research. They claim they should be given more time in light of the fact that Egypt, when it did control the Sinai, showed little interest in digs east of the Suez Canal and carried out no expeditions in the Sinai.

Between 1972 and 1982, over 1,300 archaeological sites were mapped by Israeli archaeologist Eliezer Oren in this previously neglected region.

At these sites, thousands of ancient pots, coins, statues, and glass and stone artifacts were uncovered, in addition to papyrus and other documents written in ancient Hebrew and Arabic.

Most of these findings have been placed under the care of Ben-Gurion University of the Negev.

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The Miracle of the State of Israel

by David A. Harris
Executive Vice President, the American Jewish Committee
The year was 1941. In France, an 18-year-old Jewish girl and her parents frantically sought an entry visa to a distant country, a ticket to safety.

How that girl must have trembled when she was told, after endless hours of waiting outside the U.S. consulate in Marseille, to return in three months because the application forms had not been properly filled out. Here were the Germans, establishing control over Europe and rounding up Jews, and the girl was told: Sorry, try us again in three months.

In the end, fortune was on her side. She and her parents managed to cross the Spanish border and eventually arrived in the United States. That girl became my mother. But how many other European Jews tried in vain to get visas to safe countries?

Today, half a century later, much of Europe is again in turmoil. The collapse of communism has created a vacuum that is rapidly being filled by rabid chauvinists and anti-Semites. Ancient ethnic hatreds, whether in the republics that used to make up the old USSR, in the former Yugoslavia, or elsewhere in the region threaten prospects for the emergence of democratic and tolerant societies. And meanwhile, in the more stable nations of Central and Western Europe, a steadily mounting animosity toward foreigners is already spilling over into neo-Nazi violence and resentment against Jews.

There is a difference between the situation in the 1940s and today, and it is a crucial one: There was no State of Israel when my mother was desperately seeking refuge. There were no Israeli consulates in France or Greece, the Netherlands or Poland. Persecuted European Jews were entirely dependent on the goodwill of other countries for rescue and haven, most of which did not respond.

The successful struggle of the Jewish people to create the State of Israel was justified, if for no other reason — and there are in fact many other good reasons — than to eliminate this Jewish dependence on an often indifferent world.

In our day, the existence of a Jewish state with all the accoutrements of sovereignty must enter into the calculations of the regimes where Jews are vulnerable. It is no accident that none of these governments openly supports the anti-Semitic movements that are sprouting within their countries, and many condemn them outright. Unlike their predecessors of 50 years ago, who stood to lose nothing by feeding popular prejudices, today's European leaders must factor the reaction of a Jewish state into their calculations.

Moreover, Israeli officials, now stationed virtually all over the world, can act quickly to help evacuate endangered Jews, and the Jewish state — created as the homeland of all Jews who wish to come — welcomes these Jews, no questions asked.

It was Operation Solomon, the lightning rescue of most of the remaining Ethiopian Jewish community in 1991, that dramatically illustrated the difference that the existence of a Jewish state makes for Jews everywhere. Here were black African Jews caught in the crossfire of civil war, ravaged by famine, and vulnerable to anti-Jewish persecution. Fifty years ago, the chances of such a Jewish community surviving would have been slim. But in our day, a sovereign State of Israel, able and willing to use its national resources and international connections — including close working ties with the U.S. — evacuated them, granted them unconditional haven, and works to integrate them into Israeli society.

Similar Israeli exploits go on every day wherever Jews are in danger.

* Tajikistan, a predominantly Muslim former republic of the USSR, is rapidly approaching a state of anarchy as Muslim fundamentalists seek to topple the existing regime. Over the past two-and-a-half years, Israel has brought 6,500 Jews from Tajikistan to the Jewish state. Fully 90% of the remaining 12,000 Jews are poised for aliyah.

* Georgia, another former part of the USSR, has been torn by civil war, and many Jews have sought to flee. An Israeli rescue operation, begun early in 1991, has brought Jews from outlying areas to the capital city of Tbilisi, from where they can be flown to Israel. In the past two years, 3,500 Georgian Jews have found haven in Israel.

* Moldova, the former Moldavia, became a republic of the USSR fifty years ago. Since the downfall of its communist regime, the region of Trans-Dniester has been torn by strife between ethnic Romanians, on the one hand, and Russians and Ukrainians, on the other. The Jews were caught in the middle. Israeli representatives set up transit camps for Jews fleeing the area of the fighting, as well as Hebrew schools and summer camps. Several hundred Moldovan Jews have already arrived in Israel, and 70% of those who remain have applied for Israeli visas.

* When war broke out in the former Yugoslavia, Israel immediately sent in emissaries to establish contact with the Jewish communities. Hundreds of Yugoslavian Jews have been flown to Israel, and the Jewish state remains ready to evacuate the rest whenever they decide to go.

Think of how many Jews might have been saved had there been a State of Israel, to perform similar heroic acts of rescue when the Nazi scourge haunted Europe. Think of the enormous historical transformation over the past fifty years—today many non-Jews in Ethiopia and the former USSR seek to pass themselves off as Jews because to be Jewish can be a ticket to life and safety, whereas to be Jewish in World War II meant just the opposite. Is it any wonder that Jews, wherever they are, know for a certainty that a strong, secure Israel is absolutely essential to the Jewish future?



The B'nai Brith delegation to Germany joined 100,000 candlelight marchers in opposition to the rise of Fascism. Shown at the Brandenburg Gate are: Left to Right: Allen Feig, President Metro Toronto Lodge, Kurt Rothschild, President Canadian Zionist Federation, Maurice Sadeh, Member of the Institute for International Affairs, Ian Kagedan, Director Government Relations B'nai Brith Canada, Stephen Scheinberg, National Chair League for Human Rights, Frank Dimant, Executive Vice President B'nai Brith Canada.

Advocate of Human Rights

B'nai Brith Delegation to Germany

A high-level delegation from B'nai Brith Canada held week-long meetings in Germany recently on the issue of rising levels of extremist right-wing violence against foreigners and anti-Semitic acts.

"As a human rights advocacy organization, with expertise in minority rights we saw it as a matter of responsibility that the current race relations crises in Germany be studied on location," said Stephen Scheinberg, National Chair of B'nai Brith's League for Human Rights. "We are pleased that we could show support for Germany's large Turkish community which has been the object of racist violence and harassment" he said.

B'nai Brith Executive Vice President Frank Dimant noted "As Jews we are concerned over deteriorating human rights conditions for minorities in Europe and especially in this country, where the Holocaust was planned and executed. We went to Germany to gain insight into the current crisis, to offer support to victimized groups and to dialogue with officials regarding urgently needed remedies."

In Bonn meetings were held with officials of Germany's Konrad Adenauer Foundation, a major national think-tank, with leaders of the country's Catholic church and with senior government figures.

Ian Kagedan, B'nai Brith Director of Government Relations and a member of the B'nai Brith delegation noted that the delegation had met with the State Secretaries in Germany's Justice, Interior and Foreign ministries, and with State Minister Bernd Schmidbauer, the senior official in Chancellor Kohl's office.

"Although they acknowledged an initially slow and ineffective reaction to attacks on foreigners and Jews, we have seen evidence of a commitment to far-reaching and aggressive measures to put down right-wing extremists" said Kagedan. "We are encouraged by current efforts and have urged more" he said.

Kagedan noted that the delegation urged caution in addressing the challenge of the massive flow of asylum seekers into Germany. "Humanitarian concerns must not be set aside in legisla-

tion now before the Bundestag and right-wing extremists must not see a victory in proposed change," said Kagedan in the meeting with Minister Schmidbauer.

While in Munich the delegation met with Mayor Kronawitter and commended that city's people for its massive candle-light demonstration of solidarity with minority communities in recent months. That demonstration, attended by 350,000 people, was the first in a series of similar events in other German cities devoted to denouncing racism and right-wing extremism. Delegation members participated in the most recent candle-light procession in Berlin, which took 100,000 anti-racism marchers through the Brandenburg Gate on the sixtieth anniversary of Hitler's rise to power.

"The slogan of the anti-racist rally was 'NEVER AGAIN'. For us as Jews, this slogan has a special significance...we are glad to have joined hands with Germans who are determined that the lesson of the Holocaust not be forgotten," said Frank Dimant.

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PROFESSIONAL PROFILE

Interview with Eric Vernon: Canadian Jewish Congress

With this article the Bulletin continues its series of profiles of those individuals that have chosen Jewish community service as their vocation. The Bulletin thought you would be interested in knowing the personality behind the face; the motivation behind choosing a position within the Jewish community.

by Alyce Baker

Most people are vaguely aware that Canadian Jewish Congress is the governing body over all aspects of national Jewry in our country. Few people, however, know or understand the workings of this important organization either on a national or local level.

In pursuit of clarification, the Bulletin interviewed Eric Vernon, Director of Legislative Analysis and in fact head of the Ottawa office.

The original role of the Ottawa branch of Congress was to analyze legislation that would impact on Jewish people, as well as prepare briefs that would be submitted to both government and lay people in Jewish communal work. The nature of the job has changed tremendously, though the major components still include the above.

Eric Vernon's background and training were important foundations in enabling him to take on his role at Congress. Originally from Toronto, Vernon graduated from the University of Toronto with a Bachelor of Arts jointly in history and political science. This was followed by a Masters degree in history from the University of Waterloo, and then on to Ohio State for research on a PhD in American history.

In 1981 Vernon came to Ottawa to do further research on



Eric Vernon

his dissertation. While here he was hired to work on a term project by a research company headed by Eugene Rothman, Harvey Lithwick and Marvin Schiff. They hoped to launch a pilot project suitable for television based on Jewish topics. Some of the themes were the Jews of Argentina, Raoul Wallenberg and Sesame Street in Israel. Unfortunately the pilot never was launched but the company did land other contracts, among them a package for Canadian peacekeeping troops headed to the Middle East. Topics ranged from geography, religion and language to culture and the people. Their aim was to help the troops understand the country they were being sent to so they could coexist peacefully in areas such as the Golan, Sinai and Cyprus. Seen as ambassadors to their postings, it was believed that if

the troops had advance understanding, they would be better able to perform their tasks. The program was a success.

Five and a half years later Vernon finds himself Director of Congress' local branch highly involved in the issues of the day in what has to be a turbulent time in Canadian Jewish history.

This past year, the most pressing issue was the Constitution, where the C.J.C. took a strong "Yes" position, with emphasis on national unity and the formation of a committee. On a parallel track in Quebec, the Jewish community combined forces with both the Greek and the Italian communities to present one voice and strengthen their message, as well as attempting to diffuse the polarization between French and English.

This being an election year, Congress is putting together a federal election guide including policies and views that may be helpful in riding nominations. Congress hopes to maintain a lead role as a national voice and to advocate on behalf of the community as well as continue its efforts on behalf of Israel. "Irving Abella the current head of C.J.C. is absolutely committed to the Canadian aspect of the orga-

nization," says Vernon.

Personally, Eric Vernon manages a diverse agenda with a variety of issues to be dealt with in the upcoming months. These include: refugee and immigration legislation, the Employment Equity Act, amendments to the Canadian Human Rights Act, Jewish persons with disabilities, and status of women issues.

The C.J.C. must be scrupulously non-partisan as it deals with the government of the day. With a reputation on the Hill as articulate and informed, Congress is well received by government. Their briefs are very useful to legislators. "We don't just criticize, we also applaud what is beneficial," says Vernon. Canadian Jewish Congress looks to Ottawa as a vital community and

encourages more participation from our members.

Currently we are represented locally by Ali Rodal who chairs the Archives Committee and Rabbi Reuben Bulka, Co-chair of the World Jewish Affairs Committee. A plenary is held every three years and Vernon appeals to Ottawans to attend and voice their opinions. At these sessions votes are taken on policies and resolutions, workshops are held and leadership is chosen.

There is a growing sense that ethnic communities have a valuable perspective on national issues. Says Vernon, "C.J.C. will continue its efforts to articulate the perspectives of the Canadian Jewish community on the issues of the day."

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Bernie Farber appointed CJC Director, Community Relations

Bernie M. Farber of Toronto has been appointed national director of community relations for Canadian Jewish Congress.

CJC National Executive Director and General Counsel Jack Silverstone stated that Mr. Farber brings to the job a wealth of experience on the national, provincial and Metro Toronto scene from his involvement in anti-racism and discrimination concerns, inter-ethnic liaison and research on worldwide anti-Semitism. In addition to his national role, Mr. Farber will also maintain responsibilities dealing directly with the Ontario region community relations office.

Bernie Farber was born and educated in Ottawa. A graduate of Carleton University, he worked for many years as a social worker specializing in the fields of child abuse, youthful offenders and as program services director with the Ottawa Jewish Community Centre. He originally joined CJC in 1984 as associate director of community relations for the organization, becoming national director last August.

Mr. Farber has published several pieces on Jewish and human rights issues in national and local publications. He is recognized for his research on the recent phenomena of youth and racist skinheads. Through his involvement with



Bernie Farber

Congress, he organized the first-ever Youth and Racist Crime conference in North America. As well, in cooperation with the National Congress of Italian Canadians, he was instrumental in the production of a unique anti-racist video *Who is Peter Iswolsky?* The video is now in wide use in schools across the country.

As a volunteer, Mr. Farber is a past chair of the North York Committee for Community, Race and Ethnic Relations. Recently appointed by the Minister of Citizenship to the Ontario Anti-Racism Advisory Group, he also sits on the Toronto Board of Education's Race Relations Committee.

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United Kosher will be closed for Passover Holidays from Sunday April 4th at 11:00 am until April 18th.

We will re-open on Monday April 19 at 7:00 am.

We at United Kosher wish you, our customers, a Happy and Kosher Passover.



sixtysomething

By Ruth Weitz

My Personal Tidal Wave

The seashore is a wonderful place to be when the weather is hot. A block from where I lived as a child was a small sandy beach, an even smaller boardwalk and a bay with the horrible name of Gravesend. In July and August people would fill the beach to soak in the sun and cool off in the quiet water.

Moving waters change the shapes of beaches so slowly we are not even aware of it. However when I was about nine years old, I found out that it can and does change in seconds. I saw it happen.

My little brother and I were at the beach being watched over by two older girl cousins. We were jumping up and down as the small waves rolled in and washed over our feet. Suddenly without warning, the entire body of water receded from where it had been on the shoreline. The sea rolled back as far as the horizon where it loomed up like a wall reaching into the sky. In seconds the water began to rush back at a frightening speed.

The waves crashed the shore with tremendous force, knocking me down, and continuing over the boardwalk behind the beach. As the water left for the second time, panic erupted. I scrambled to reach what was left of the boardwalk, climbed a plank to reach the top, then began to search for my brother. People were screaming and yelling out names of friends and relatives whom they were with minutes before. I worried about how my mother would feel if she knew what was happening and how scared I was.

At the horizon, the wall of water was gathering its force to strike again. It returned now for the second time, crashing onto the beach with greater force than before. Seconds later the waves rushed back accompanied by an ear-splitting, thunderous noise, and hell-bent on taking with it everything that had been left behind after the first assault; umbrellas, beach chairs, baby carriages - and - people.

This incoming flood tide was called a tidal wave which I know now is a misnomer. Such killer waves are known as Tsunamis which is Japanese for "harbor wave". The causes are undersea earthquakes. My little Tsunamis ended after hitting us only twice. Swift and terrible as it was we were safe. I found my brother in the arms of cousin Rae. As we stood holding on to each other people pushed from all sides and we became separated. But I knew my brother was somewhere on what was left of the boardwalk.

My concern now was should I look again for my family or start to walk home. If they had already gone back without me my mother might think I was drowned. With the wisdom of nine years of living, I took one more look at the debris on the washed away beach and headed for home.

The town was not yet aware of what had happened here. I walked into our apartment dripping wet, sans the towel or robe I started with and was greeted with "Where is Sonny?" As I tried to explain my mother kept screaming "Where is my baby?" I said "Mom, he is safe. I saw him. We are all safe."

She paid no attention but raced next door to her friend who telephoned her husband in his store on the corner. We all ran into the street, me continuing to explain, mother wringing her hands and crying. Minutes later corpulent Mr. Kalb strode towards us carrying the not-lost baby. A happy ending to what could have been a tragedy.

B'nai Brith brings Holiday Cheer

It's Christmas Day and Parliament Lodge volunteers are gathered in the dining room of St. Patrick's Home for the Aged to serve residents and their families Christmas dinner.

As the day unfolds, 20 volunteers, ranging in age from five to 70, participate in a most satisfying inter-generational community service program.

Zippering up and down the aisles, volunteers set tables with holiday placemats, serviettes and candy canes. Parents and children work quickly to be ready for the festive meal prepared by nursing home staff.

For those who are unable to come down to the main dining room, the children go together to distribute gifts and good wishes. Although the older children feel it is "un-cool" to sing in public, their cheerful greetings and ease with the residents is remarkable.

A frail woman shuffles up and down the hallway asking each passerby "When will my daughter be coming?" An eleven year old girl from the group becomes concerned and goes to the nurse to inquire. The daughter won't be coming until evening. She's been asking for her since 5:00 a.m.

Back downstairs, the trays are being passed around with the holiday dinner. In the kitchen, the volunteers are enjoying a few jokes as they wait in line to refill their trays. Soon, everyone has been served. The clean-up is done in no time at all.

Once again, the children hand out gifts to the residents as they



Parliament Lodge B'nai Brith members serving Christmas dinner at St. Patrick Home for the Aged. From left are: Abe Bookman, Ian Garonce, Russell Glatt and David Agulnik.

leave the dining room. Their smiles and wishes are so natural.

This year's program was co-ordinated by Irving Singer who recruited the volunteers, acquired gifts for each and every resident, and spent hours wrapping them with his wife, Elaine.

Irving Singer is well known in the Ottawa community for his warm heart, tremendous energy and ability to just make good

things happen.

This important project was initiated over 20 years ago by Parliament Lodge's founding president, the late Martin Glatt. Mr. Glatt continued to co-ordinate this and other projects as community-volunteer service chairman until his untimely death last year. The Lodge continues the fine work he has done as a tribute to him.

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Moshe Yess — In Concert



Enjoy the holiday of Purim in an elegant ambience. You are cordially invited to attend a Glatt Kosher Gourmet Dinner and Concert.

Place: Chateau Laurier Hotel
1 Rideau St.

Date: Sunday, March 7, 1993

Time: 4:00 p.m.

Cost: \$36 per person

(special rate for full-time students with ID)
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Centrefold

The News from the Jewish Community Centre of Ottawa

Volume 4/No. 43 • February 19, 1993 • Shevat-Adar

Jewish Music Festival March 28-29

Two exciting events planned

Music lovers should circle March 28 and 29 on their calendars in bold colours. The Jewish Community Centre's fifth annual Jewish Music Festival will be offering two exciting and unique high-quality musical events.

On Sunday afternoon, soprano Shira Gilbert, accompanied on piano by Evelyn Greenberg, will perform *A Life's Journey*, an emotionally-powerful song cycle in English, Hebrew and Yiddish, composed by Srul Irving Glick.

On Monday evening, March 29, world-renowned soprano Judith

Lechter will perform a concert of pre-Holocaust Austrian Jewish music. Professor Neal Levin will provide an historical perspective.

A Life's Journey was commissioned by well-known journalist Paula Citron, as a special gift for her father Alex Citron's 90th birthday. "It is giving my father a touch of immortality and also making a significant contribution to Canadian culture," Citron explains.

A Life's Journey is comprised of seven pieces sung in Hebrew, English, and Yiddish and tells the

story of Alex (Isaac) Citron, who was born in Kielce, Poland, a large Jewish community which was wiped out during the Holocaust.

The cycle follows the life of its Jewish protagonist who is both an individual and an embodiment of the experiences of his generation of Jews.

Experiences of generation

Alex Citron spent time in Palestine in the 1920s, experiencing Kibbutz life and living the

Zionist dream, then moved to Canada in the hope of providing a better life for his family.

The song cycle covers Citron's love for his wife, Celia, his fascination with Canadian politics, his devotion to the Jewish people and his belief in G-d.

Shira Gilbert, who will be performing this work, has a Bachelor of Music Degree in Voice Performance from the University of Toronto, where she studied with Mary Morrison. She is continuing her studies in Ottawa with Ingemar Korjus.

She has performed with "Opera in Concert," sung with the Beth Tzedek Chamber Choir, and given a number of solo recitals in Toronto as well as in her hometown of London, Ontario.

This concert will take place at the Jewish Community Centre, 151 Chapel Street, at 2:30 p.m., Sunday, March 28. The audience will also be treated to the delightful children's voices of the Hillel Academy Choir and a performance by the popular group, the Zemer Trio, which plays modern and traditional Jewish music.

The Jewish Music Festival will

conclude on Monday evening, March 29 with a very special program jointly sponsored by the JCC and the Austrian Embassy.

Renowned soprano Judith Lechter, the world's foremost female classical singer of Jewish music, will perform a concert on the works of pre-Holocaust Austrian Jewish composers. Her performance will be augmented by a talk on this period by Dr. Neal Levin, a professor at the Jewish Theological Seminary.

Canadian premiere

This program has been presented in Europe and the United States to great critical acclaim. The Jewish Community Centre of Ottawa is honoured to be hosting its Canadian premiere. The Jewish Community Centre Concert Band, under the direction of Stewart Smith, will also perform.

The concert will take place at the Canadian Museum of Nature at 7:30 p.m.

For further information about the Jewish Music Festival please call Paula Speevak Sladowski at the JCC, 789-1818.

The Jewish Community Centre proudly presents

The Jewish Music Festival

March 28 and 29

Highlights include:

Sunday, March 28, 2:30 p.m.

Jewish Community Centre, 151 Chapel



- Soprano Shira Gilbert and pianist Evelyn Greenberg performing *A Life's Journey*, a song cycle by Srul Irving Glick
- The Hillel Academy Choir
- The Zemer Trio

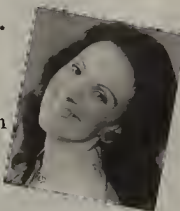
Admission: \$3.00

Monday, March 29, 7:30 p.m.

Canadian Museum of Nature

- Soprano Judith Lechter and Dr. Neal Levin in a Recital-Lecture on pre-Holocaust Austrian Jewish composers
- The JCC Concert Band

Admission: \$5.00



PLUS Sale of Jewish music - cassettes, C.D.'s, videos and sheet music
Special exhibit of Austrian Jewish music Light refreshments

For more information, please call Paula Speevak Sladowski at the JCC, 789-1818.



A program of the Jewish Community Centre

Corporate Sponsor: Ginsberg, Gluzman, Fage & Levitz
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Sweet Charity teens put on swinging show



Centrepiece



By Lawrence Greenspon
President, Jewish Community Centre of Ottawa

SWEET CHARITY

What a show! The Thursday night opening, the Friday student special, the Saturday night show, and the Sunday matinee were, by all accounts, spectacular. Our appreciation of these polished performances is enhanced by the fact that our teens gave up so much time to work together on a project that we all then had the opportunity to enjoy. For them, it was a labour of love; for us, it was a chance to be proud. The fact that these young people, under the direction of Lorraine St. Laurent, Drum Hudson and Debbie Millett, did what they did with limited experience, resources and space, is testament to their collective ability to achieve. Our community owes a debt of gratitude to those whose dedication made it happen: Co-Executive Producers Robert Gould and JCC Past President Ralph Kassie; and Co-Producers Pat and Morris Neuman.

JCC COMMUNITY TRIP TO ISRAEL, MAY 19-31, 1993

We're flying directly to Israel for 11 days of adventure and then there'll be options for further touring in Israel or a trip to London, England.

We wanted a trip that had something for everyone and Sandy Granatstein has put together a marvellous itinerary for us. It includes: Massada, the Dead Sea, a visit to a Bedouin camp, a camel ride, Sabbath at the Western Wall, Yad Vashem, tree planting, walks through old and new Jerusalem, a meeting with Knesset members, the Golan Heights, Shavut on a kibbutz along the border, the artists' colony in Safed, Beit Hatfutsot, Tel Aviv, and Ethiopian immigrant absorption project, a meeting with Russian olim, our Project Renewal community Neot Herzl, Metullah, an archaeological dig, Jaffa, Beer Sheva... whew!

The next meeting for anyone interested in going is March 18 at 6:00 p.m. at — where else — the Israel Program Centre at the JCC. L' hitraot.

THE SIXTH ANNUAL ISRAELI FILM FESTIVAL

Hollywood here we come! For the many who attended this night of Israeli films at the Museum of Natural Sciences, it was a terrific evening. Whether you went to see the excellent comedy, *Over the Ocean*, or the historical drama, *Sarah*, or to sample the tasty Israeli food during intermission, you, no doubt, enjoyed it all. Turnout was very good, but with a consistently excellent program, good food and, of course, parking, we should pack the house. Next year for sure. Thanks to Film Festival Chairperson Gaye Applebaum for a fine time at the flicks, Israeli-style.

DATE TO REMEMBER

- March 7 Purim Carnival
- March 7 JCC Women's Program, "Women, Wholeness & Self-Reclamation"
- March 28-29 JCC Music Festival
- March 29-30 Canada-Israel Committee Conference
- March 30 C.E.C. Parliamentary Dinner

PERSONALIA

Congratulations to JCC Past President Irving Rivers on receiving the J.N.F.'s Bernard M. Bloomfield Medal.
Congratulations to JCC Board and Executive members Morris Presser and his wife Myra on being named to head up the Israeli Bonds Campaign.

Have you read

THE DANCE OF ANGER

By Harriet Goldhor Lerner, Ph. D.

This book explores family and intimate relationships and suggests how to break the patterns of anger and alienation and achieve more satisfying relationships.

If you would like to get together with others to discuss this book, please join us.

Sunday, February 28, 1:45 p.m.

in the JCC Library, 151 Chapel
Please note change of date.

If you have not already read this book, you can find it in the JCC Library. For more information, please call Estelle Backman at 789-1818.

Library Hours: Monday, Tuesday, Sunday, 11:00 a.m.-3:00 p.m.; Wednesday, 6:00 p.m.-9:00 p.m.



A program of the JCC Women's Program and the JCC Library

LINC program teaches immigrants essential communication skills

By Laraine Kaminsky, Malkam Consultants

Since September a new language training program called Language Instruction for Newcomers to Canada (LINC) has been operating at the Jewish Community Centre in conjunction with the Jewish Family Services. The program is funded by Employment and Immigration Canada and the language training is provided by Malkam Consultants.

The LINC program provides adult immigrants with basic communication skills that are necessary to function in Canadian society. Presently there are 16 students enrolled in the class. They come from many parts of the world, including Vietnam, Somalia, Kurdistan, China, Cuba, Iran and El Salvador. The students are often surprised and delighted to be taught at this site.

Students study Monday to Friday from 9:00 a.m. - 2:45 p.m. for 16 weeks. They are taught by two qualified English as a Second Language (ESL) instructors. This

session will end January 22nd. Another program is expected to start January 25th.

In this LINC program the four language skills of listening, speaking, reading, and writing are taught within the context of theme-oriented lessons. Examples of such communication themes are Orientation to Ottawa, Education, Employment Preparation and Barking.

In addition to classroom instruction, students sharpen their communication skills by completing contact assignments in the community, for example, buying food at the market and using a bank machine. Other activities include watching videos on topics relating to class work and listening to guest speakers such as a city police officer.

Multicultural classes

One of the greatest benefits to this new LINC program is the multicultural nature of the class. Each student has his/her own set of life experiences that he/she

brings to the class. Sharing these experiences with others provides an opportunity for students to determine what experience is relevant to their new life and to work out together the very real multicultural dimension of Canada.

Although LINC is officially a "language instruction" class, it also becomes a "home away from home" for the students. They develop confidence, a sense of security and belonging, and friendship to help ease the transition to a new country.

As well as learning English and about Canada, students have the opportunity to teach each other about their own cultures. This is seen as an important step in learning the language as it inspires a sense of self-worth and pride in themselves, conducive to better learning. One of the greatest rewards as a teacher is seeing them enjoy coming to class every day and also seeing them start to feel good about themselves, their progress and their future in Canada.

Israeli films bring laughter, tears

Over 180 people got a taste of the diversity of current Israeli film-making at the Jewish Community Centre's Israeli film festival on Sunday evening, February 7.

This annual event brings to Ottawa films not normally accessible to the North American market. It offers a glimpse of how things are and were in Israel which is often more intimate and revealing than any newspaper article or television clip.

This year's double bill featured a comedy which took a light-hearted approach to one of Israel's most sensitive social issues, emigration, and a documentary which illuminated a little-known chapter in the early struggles of founding a Jewish state.

Over the Ocean focuses on one family's conflict, in the early

1960's about whether to leave Israel and seek their fortune in the easier economic climate of Canada. The story is told through the eyes of their 10 year old son, who wants to stay.

It presents this prickly topic in a comic way, which allows Israelis to laugh at their own dilemmas and foibles. The ever-present threat of the tax collectors, the daughter's loutish boyfriend, the sleazy yored who is encouraging the family to leave, the virtuous Zionist farmer uncle, are all caricatures painted with a broad brush, but are very recognizable nevertheless — particularly to the many Israelis in the audience. The film's unheroic but very human characters make for an entertaining film.

The second film of the

evening, *Sarah*, was a total contrast. It presented the true story of a remarkable Jewish heroine, Sarah Aharonson. Sarah, along with members of her family and friends, took part in the little-known Nili underground movement during the early days of the Yishuv. Their spy activities helped the British drive the Turks out of Palestine but at great personal cost. Virtually all the members of Nili were killed.

The story, which focuses on the love relationships of Sarah with two members of the group, is intensely dramatic. It is told, however, in an understated, documentary style which sticks close to the facts. The power of the film derives from the heroic facts and the spirit and commitment of these remarkable historical figures. Sarah and the members of Nili are depicted as being both human and heroic. Their story is a reminder of the many sacrifices, both known and unrecorded, which were made to create the State of Israel.

MAKING A GOOD MARRIAGE BETTER

A Workshop For Couples
Wanting To Improve Their Marriage

LEARN TO

- explore the expectations and realities of marriage
- communicate clearly with your partner
- express needs without manipulation
- resolve conflicts and negotiate compromise
- examine marital ethics from a Judaic perspective

Sunday, March 14

11:00 a.m. - 4:00 p.m.

Minto Place, 433 Laurier Avenue West

Workshop Facilitators: Rabbi Dr. Reuven P. Bulka, Dr. Dov Vinograd, Ph. D., C. Psych.

Fee: \$36.00 per couple (Lunch included)

Advance registration required. To register call Diane at the JCC, 789-1818



A program of the Jewish Community Centre

YOU KNOW WHAT YOU LIKE!

Create a new program
Improve an old one

Your ideas, suggestions and comments are very much appreciated.

If there is something that interests you, chances are others will share that interest.

CALL US WITH YOUR IDEAS

Ask for
Paula Spevak Sladowski,
JCC Program Director,
789-1818.



Round the Centre



JCC Women's Program presents talk on Wholeness and Reclamation

By Diane Koven Poriah

The JCC Women's Program, coordinated by Barbara Nathan-Marcus, will celebrate International Women's Day with a very exciting program on Monday, March 8. (See ad in Centrefold.)



Diane Parkin

The entire community is invited to a panel discussion entitled "Women, Wholeness and Self-reclamation." Panellists will include: Eutonna Olsen Dunn, a counsellor-consultant who will discuss personal reclamation from an aboriginal perspective; Diane Parkin, a midwife whose studies in medical anthropology led to her belief in the natural approach to the birth process; and Sonia Tarantour Pearl, an artist who will discuss her creative process which results in the production of her wall hangings.

Sonia's exquisite, innovative and symbol-laden wall hangings will provide the backdrop for the evening.

The evening promises to be both intellectually stimulating and aesthetically pleasing. Mark your calendars now and plan to be there.



Sonia Tarantour Pearl working on one of her wall hangings

WE ARE LOOKING FOR WOMEN, AGED 72 AND OLDER

We will be honouring you at a special ceremony in June.

If you will be 72 years of age or older by June, 1993 and would like to participate in a unique tribute, please leave your name and address with us by calling the JCC at 789-1818.

More details on this event will appear in the next issue of Centrefold.

A program of the JCC Women's Program of the Jewish Community Centre of Ottawa.

SINGLES - DIG THIS!

Beat the winter blahs with an elegant brunch featuring made-to-order omelettes, bagels and lox and much, much more.

Sit back, relax and imagine yourself in sunny Israel, taking part in an archaeological dig. Sound good? Mina Cohn, a recognized expert, will give a presentation on Beth Shean, the largest, best preserved Roman/Byzantine city in Israel and will help you explore the option of joining an archaeological dig and tour in Israel. The presentation will be enhanced by a slide show and question period.

WHERE: The Gold Room, Embassy West Hotel
1400 Carling Avenue

WHEN: Sunday, February 28

TIME: 11:00 a.m.

COST: \$18.00 (includes tax and gratuity)
SAME PRICE AS IN 1990!

Please call Diane at the JCC 789-1818 to reserve for this event. Space will be limited, so call early - but no later than February 25.



a program of The Jewish Community Centre

Singles Scene warms up the winter

By Diane Koven Poriah

The end of January was snowy and cold but there was lots of activity on the singles scene.

A congenial group enjoyed a movie at the Bytowne followed by a nosh and discussion.

Some of the same people and several others got together the following evening to watch the Superbowl game. The highlight of the game, according to some, was Michael Jackson's half-time show. The hot dogs, beer and a gorgeous Superbowl cake completed the evening.

The winter fun continues during Winterlude with the upcoming skating party on the Canal on February 13.

In celebration of International Women's Day

The JCC Women's Program proudly presents

WOMEN, WHOLENESS AND SELF-RECLAMATION

a panel, featuring:

artist SONIA TARANTOUR PEARL who will discuss her personal and creative process in the production of mandalas/wall hangings which will provide the backdrop for the evening

counsellor-consultant EUTONNAH OLSEN DUNN, a Cherokee woman from the Wolf Clan who is involved with personal reclamation from an aboriginal perspective

midwife DIANE PARKIN whose faith in the natural and spontaneous processes of nature brings an aura of calm to the birth setting.

Monday, March 8
7:45 p.m.

The Jewish Community Centre
151 Chapel Street

Refreshments will be served

Admission: \$2.00



A program of the Jewish Community Centre

CONNECTION 20/30

Learn the Western 2-Step!

WHERE: Denim & Diamonds Saloon
1211 Lemieux Street

WHEN: Monday, March 22

TIME: 7:00 p.m. Meet in the Diamond Room and find out how you could go to the Grand Ol' Opry
8:00 p.m. Dance lessons begin!
Dress Western



NO COVER CHARGE

For further information, please call Diane at the JCC, 789-1818.

Connection 20/30 is a social group for young Jewish adults, 21-39, both singles and couples.



A program of the Jewish Community Centre

Come out to The Golden Age Club

Every Monday, the Golden Age Club meets at the Jewish Community Centre, 151 Chapel Street. We have hot luncheons, interesting programs and friendly members.

UPCOMING EVENTS

February 22 1:00 p.m.
Cooking Demonstration

March 11:00 p.m.
Film & Discussion

March 8 12:30 p.m.
PURIM LUNCHEON

March 15 1:00 p.m.
Travelog: Turkey and Israel

March 22 12:30 p.m.
Bingo Birthday Luncheon

March 29 1:00 p.m.

Meeting and Speaker Rabbi Zischa Shaps

The JCC welcomes you to The Drop-In Diner



Finally, a kosher eating place in the middle of the city, featuring our hearty, hot, homemade soup of the day, great food and a friendly atmosphere. Open every Tuesday, 12:00-1:30 p.m. at the Jewish Community Centre, 151 Chapel Street. \$5.00 for complete meal. Everyone Welcome

ADULTS FOR LIVELY LEISURE

A Luncheon Lecture Program at Agudath Israel Synagogue 1400 Coldrey Avenue at 12:30 p.m.

This exciting west-end program caters to those with a taste for kugel and controversy. You can enjoy a kosher hot lunch and stimulating discussion with experts in politics, cultural arts, human rights, science and more.

February Program

Cancelled (Mid-Winter Break)

March 25 *12:00 p.m.
*Note time change

Speaker: Peter McNelly, Executive Producer, CBC Newsday

Topic: "Behind the Scenes of Daily News Show"

Delicious Home-Cooked Meal Great Company Stimulating Program

A.L.L. is jointly sponsored by the Jewish Community Centre and Jewish Family Services. The program is co-ordinated by volunteers Minnie Milson and Bess Rosenberg. For more information please call Paula Speevak Stadowski at 789-1818.



SLAPSHOT

JCC Men's Hockey League News

By Howard Yegendorf

My last article made mention of the increased parity in the league this year. With the exception of the Blue Sharks, an exciting three-way race is shaping up for the second half of the J.M.H.L. season. The Wildcats, last year's J.M.H.L. doormats, have turned their team around in dramatic fashion and are mounting a serious campaign to win their first J.M.H.L. championship. The league is now in its fourth year and the other three teams have each won a championship. Are the Wildcats the team of destiny this year?

The Wildcats are not merely winning; they are crushing and humiliating their opposition. On January 7, 1993 they bombed the reigning champion Running Rebels 11-1. If that wasn't bad enough, they did it with a goal of the opposite sex. Yes, you heard it right — a female netminder, and a first for the J.M.H.L., in the year that brought stardom to Manon Rheume. Now, of course, this does not even faze a nineties-kind-of-guy such as myself. However, my less enlightened and red-faced teammates were deeply embarrassed and could be heard complaining after the game that they were missing their best players. Instead of going to McDonald's after the game, as is their custom, I understand that on this night the Rebels went out for some nice quiche (and humble pie).

The Red Devils remain atop the league standings and are this writer's pick to capture their second J.M.H.L. championship. They have shown great character in coming from behind and beating the Running Rebels in the last two match-ups between these two teams. On January 21, the Rebels were leading 4-0 when the now infamous Barry Seller - Howie Nadolny - Marc Leclair "altercation" occurred. Nadolny and Leclair were promptly ejected from the game and the Devils stormed back to beat the Rebels 5-4. The Devils also frustrated the Rebels in their December 17, 1992 game. Down 3-0 the Devils tied the score and then Brian Kronick brought the house down by scoring the winner with one second left in the game. My teammate and associate Mitchell Besner had a goal called back in the game when Devil goalie big Mark Borts "inadvertently" knocked the net off its moorings. Besner claims that Borts is the key to the Devils' success and describes him as the best "net-knocker" in the league. However, Bortsie has yet to be penalized, which, I suppose, really does make him the best net-knocker in the league.

I simply cannot understand the dismal record of the talent-laden Blue Sharks. I therefore undertook some investigative reporting and separately interviewed co-captains Mark Kerzner and David Ross. Centreman Ross attributes his team's lowly standing to poor play by the goalie and defence. Defenceman Kerzner, on the other hand, claims that the team is playing well defensively but just can't score goals. The biggest problem, says Kerzner, is that individual statistics have not been kept this year which has taken away Ross's motivation to win the scoring title. Could this obvious dissension amongst the Sharks really be a cunning ploy to lull the rest of the league into complacency come play-off time? Stay tuned ...

Jewish Men's Hockey League

Standings

TEAM	GP	W	L	T	POINTS
Red Devils	13	8	4	1	17
Running Rebels	13	8	5		16
Wildcats	13	8	5		16
Blue Sharks	13	1	11	1	3

As of January 22, 1993

RHYTHMIC FITNESS
WITH DOREEN KEIR

Session 3: March 1 to April 1, 1993
Mondays to Thursdays, 9:30-10:15 a.m.

at Agudath Israel Synagogue,
1400 Coldrey Avenue, Youth Lounge

Cost: JCC Members, \$60.00
Non - Members: add \$25.00



Gettin' Physical

Buyer Beware -
Food labels can
be deceiving

By Albert Guité

Director, Health & Phys. Ed.

Anyone who has shopped for groceries can tell you that the labels put on food packages can be very confusing. The Heart and Stroke Foundation of Ontario has published a pamphlet entitled "What Do Food Labels Really Tell Us?" which attempts to alleviate this confusion and help us be more informed about the nutritional value of the foods we consume. The following are some of the highlights described in this pamphlet.

Leaning on Light: Caloric watchers should be careful of "light" or "lite" products which aren't necessarily lower in calories and fat. Products can be "light" in texture, taste, and colour, rather than in calories and fat. If the claim is made in reference to calories, look for the finer print which should tell you just how much lower in calories and fat it is.

No Cholesterol, Plenty of Fat: Don't be fooled by nutrition claims of "no cholesterol" and "cholesterol free" which are often placed prominently across all kinds of food labels, including those of oils, bread products, cereals, frozen french fries, even potato chips. These foods are not necessarily any healthier for you. Food companies may use this claim to perpetuate the myth that cholesterol in foods is bad for your health because it raises your blood cholesterol.

In truth, dietary fat, not dietary cholesterol is the main culprit in raising blood cholesterol. Some of the "no cholesterol" foods such as potato chips are, in fact, loaded with fat. The bottom line is — buyer beware. Nutrition information is based on the food as sold. Beware of items such as cake mixes that may well be "cholesterol free" in the package, but when made up with 1/3 cup oil, 3 eggs and icing, are neither cholesterol free or low in fat.

Fibre Folliet: Like "no cholesterol" claims, fibre claims especially those for oat bran, can be used as an advertising hook. There is no question that fibre is a very positive feature of food. Canadians are now being advised to double their fibre intake. However, one still has to be careful about fibre claims on labels. Is that oat bran cookie or cereal really nutritionally valuable because it is high in fibre? Or, could you get the same amount or more fibre from another food such as a legume or fruit — without sugar and fat. Be mindful that fibre content is often reported without any other nutrition information. This might be cause to question the product's fat content, since it serves no healthy purpose to be gobbling up lots of fat to get a few grams of fibre.



In The Key

By Ace Phreethrowe

The Final Four

The road to the final four is starting to be mapped.

It's February and March Madness is just around the corner for the Jewish Men's Basketball League. Teams are starting to get into playoff shape. Speaking of shape, this column's Ironmen Awards got to Mark "Behind the Back" Groper and Perry Medico, who both played two games on Wednesday, January 20, as winter vacations started to affect attendance with a couple of teams. Both men lasted the night, and were reported to be in good health the next day. The real hero was Mark's wife, Marcy, who had to cheer on her aerobically-tested husband for the full two-and-a-half hours.

Now for the highlights of the month:

Undermanned Blue, using Perry as the fifth wheel, exhibited some deft passing skills, as they enjoyed an 80-51 victory over Red. Red put up a good fight, but without key players Charles Schachnow, Justin Flowerday and Carey Stevens, the game was never in doubt, although Robert Greenberg, still exhibiting those ever so youthful legs, took the usually (well, sometimes) invincible Joel Zagerman to the hoop time after time. Speed is relative, I suppose. Gord Betcherman had a quiet 33 points, Mark had 23.

Purple was also undermanned, so they picked up Mark Groper in the second game, against Gold. It didn't help, as Gold had a much too rare good team effort and took it to Purple from the opening tip. Joe Levitan can still shoot 'em, and scored 19 for Purple. Perry, who evidently was using the first game as a warm up, scored a very discrete 28 points. Evan Zelicovitz had 19, and Danny Levine played superb defence. Ron Clark, Joel Brodie, and Mark Palmer all scored, and the passing game was in effect. They could be on the way.

While the players from the first two games were out dining and predicting an easy Green victory over White in the nightcap, White had thoughts of their own. They were all tied at 31 at the half, and Green seemed to have the momentum without much time left. However, White once again rose to the occasion and ran away with the game with five minutes to go. Jeff Pleet (who else?) had 26 points in the second half, 42 for the game. It was a good, intense game. White was able to contain Mark Cantor and Dave Feldberg to only 31 points between them. Final score, White won, 74-62.

Season highlight: Mark Cantor slam dunked a couple of weeks ago. The shot was punctuated by the dimming of a row of lights in the ceiling, as a result of the vibrations sent from the rim through the brackets into the structure of the building. Rumour has it that a couple of toilets also flushed.

Officials' highlight of the season: Stewart "Mr. Subtle" Berson's call in tossing Donny Osborne from the game for his second technical foul. His "Hit the showers" comment may not sound like much but the accompanying hand and hip gestures of this fine young arbiter were of classic quality. Even the Brazilian judge gave him a 10. Donny felt honoured.

Sunday morning highlight: Fathers and kids together at the JCC. The children's program is in full swing, and dads are now able to play uninterrupted all morning. Best Sunday quote: Little Samuel Levine (Danny's boy) to Joel Brodie's young daughter Laura: "Boy, am I glad my Dad brought me down to the Centre this morning. His playing basketball gets him out of my hair for two whole hours!"

JEWISH MEN'S BASKETBALL LEAGUE
REGULAR SEASON STANDINGS

As of January 21, 1993

Team	GP	WIN	LOSS	POINTS
Green	13	11	2	35
Blue	13	10	3	33
White	13	8	5	29
Gold	13	7	6	27
Purple	13	3	10	19
Red	13	0	13	13

TOP SCORERS

PLAYER	TEAM	GAME AVG.
1. J. Pleet	White	29.5
2. B. Holzman	Purple	25.5
3. M. Cantor	Green	19.9
4. J. Polowin	Red	19.9
5. P. Medico	Gold	19.6
6. G. Betcherman	Blue	19.3
7. G. Ostroff	Blue	16.8
8. J. Levitan	Purple	15.8
9. D. Feldberg	Green	15.3
10. S. Poplaw	White	15.0
11. M. Novick	White	15.0



Just Kiddin' Around



Sundays Are For Kids Ages 4 & Over



Purim Crafts,
Games & Snacks



Sunday, February 28
1:30 - 3:30 p.m.
at Machzikei Hadas Synagogue
2310 Virginia Drive

Cost: \$1.00
To register call Gale at 722-9235



A program of the Jewish Community Centre
in cooperation with Machzikei Hadas Synagogue.

BIRTHDAY PARTIES AT THE JCC

All it takes is a phone call!

You pick the theme (Batman, Dinosaurs, Sports—the possibilities are endless) and we'll do the rest...

Includes: • Room • Staff • Set-up • Clean-up •
Decorations • Paper Goods • Birthday Cake
• Juice • Loot Bag • Gym Games and • your
choice of Crafts or Cooking • Personalized
Birthday Banner to take home.

Times: Sundays (2 hours)
Place: 881 Broadview
Cost: \$190.00 (for 20 children)
\$3.00 each additional child



Call Gale at 722-9235 to plan your party. Book early to avoid disappointment!

Afterschool INDOOR Soccer

Learn the basic skills of
soccer while you unwind
after school.

It's a real KICK.

Open to boys and girls in
grades 4 - 7.

Date: March 3 - April 21
Time: Wednesdays, 4:00-
5:00 p.m.
Place: 881 Broadview

For more information
contact Jon at the
JCC, 789-1818.

The Jewish Community Centre presents
MARCH MADNESS
for children aged 4 and older
Two days of fun and excitement

March 15 & 16
8:45 a.m. - 3:45 p.m.
(extended hours can be arranged)
881 Broadview

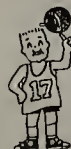
Cost: \$45.00 two days
\$26.00 one day

Bring your own lunch
and we'll provide the
snacks.



To register call Gale at 722-9235

Centre Summer Camp 1993



*Building great summer memories
in a supportive, secure and fun-filled
Jewish environment
for boys and girls aged 3-14*



- Full and Half-Time Squirt Camp
- Day Camp
- Tween Times
- Sports Camp
- Theatre Arts Camp
- Counsellor-In-Training Program

We hold the line on inflation. All programs are the
same price as last year!

For more information about the Centre's many camp
programs please call the JCC at 789-1818.

Don't be disappointed. Register now!

SPORTS CAMP '92 WAS GREAT!



SPORTS CAMP '93 WILL BE UN-BE-LIEVABLE!

If you are looking for a whole lot of SPORTS and a whole lot of FUN, then
Eastern Ontario's BEST SPORTS CAMP is for YOU.

Sports include: Tennis, Canoeing, Windsurfing, Waterskiing, Diving,
Horseback Riding, Fencing, Archery, Swimming, Trampoline,
Racquetball, Baseball, Football, Basketball, Soccer, Gymnastics, Expos
Trip (Seniors Only), Lynx Game ... and more.

For more information or to register call Jon Braun at 789-1818. Spaces
are limited. Register now.

Theatre Arts Camp for kids aged 8-14

A unique summer experience including:

- drama
- fine arts
- ballet
- Red Cross Swim instruction
- Jazz dance

Camp Director: Dina Migoel

For more information
or to register
Call the JCC
at 789-1818





the teen scene



Wave Pool parties are Number One!

Kids make a splash at Teen Connection bash

Teen Connection, the Jewish Community Centre's youth group for kids in grades seven and eight, held an excellent program on January 16. "The East Meets West Wave Pool Party" gave youngsters from the east end of town an opportunity to get together with their buddies from the west end.

Everyone got together at the Gloucester Wave Pool and had a great time in and out of the water. After the waves slowed down for

the evening, all the kids settled down to watch a video, snack on munchies and socialize.

Hanging out on a Florida beach in the middle of winter is fine, but Teen Connection's pool parties will always be Number One!

The next Teen Connection program will take place on Saturday, March 27. We'll be getting together to bowl the night away. For more information call Jon Braun at the JCC, 789-1818.

TEEN CONNECTION

invites all kids in Grade 7 and 8 to

"Let's Go Dawling"

a night of bowling fun

Saturday, March 27

Departure: 7:30 p.m.
881 Broadview
Return: 10:00 p.m.

Cost: \$10.00 covers, bowling, snacks and transportation

For more information please call Jon at 789-1818



Teens!

Are you up in the air about what to do this summer? Would you like to have a great social summer...a chance to share Jewish experiences with other teens...and...gain job experience and skills?

The JCC Summer Camps have openings for the following positions:

Junior Counsellor	15 years
Co-Counsellor	16 years
Senior Counsellor	17 years
Unit Heads	21 +

Also needed are Specialists (Drama, Swim instructors, Arts and Crafts, Song and Dance).

Applications are coming in fast!

For your application form call:
The JCC — 232-7306 (days)
Gerry Cammy, Camp Director
— 828-1284 (evenings).



BBYO is coming on strong in '93

By Penny Torontow, BBYO City Director

The Ottawa groups of the B'nai Brith Youth Organization are brimming with excitement over the first annual Regional

Spirit Variety program, coming up in our community on February 25-28. Everyone is working very hard to make sure that this is a fantastic weekend.

Co-ordinators Jason Bronshter and Jessica Elrenworth have put together some excellent committees and the enthusiasm has been overwhelming. This convention promises to give the Ottawa teen scene a real boost.

Ottawa's BBG and AZA chapters are on the fast track to becoming two of the most prominent chapters in the Lake Ontario Region.

Thursday, February 4 marks a new era for B'nai Amital of AZA. With an influx of some young extremely enthusiastic guys, B'nai Amital decided it was

time for an election. I would like to personally thank the outgoing executive headed by Rob Mittelman who held the chapter together through a difficult time.

My congratulations go to the new incoming executive: Joe Kassie, president; Neil Shulman, first vice-president; B. J. Blumenthal, second vice-president; Jon Feldman, secretary-treasurer; Mark Feldman, membership chairman; and Rob Mittelman, past president.

There was a tremendous amount of enthusiasm evident at the elections, and it is obvious that AZA is about to explode with increased membership and great programming. New president Joe Kassie says: "BBYO isn't a chore; it's great fun!"

Good luck to the new B'nai Amital executive. With the help of Advisor David Baker, an alumnus of B'nai Amital, the chapter has a bright future.

BBYO MEMBERSHIP DRIVE

It's NOT too late to join the biggest Jewish youth group in the world!

5 Month Plan

February 1, 1993 - June 30, 1993
Regular Fee: \$24.00 Now only \$21.00

17 Month Plan

February 1, 1993 - June 30, 1994
Regular Fee: \$87.00 Now only \$66.00

JOIN NOW! GREAT FUN FOR ALL TEENS.

For more information call Penny at 747-7686.

Once again

THE JEWISH TEEN LEADERSHIP COUNCIL

invites all children to the

COMMUNITY PURIM CARNIVAL



hosted by the Ottawa Senators' unofficial Team Mascot
SAMMY THE SENATOR



SUNDAY, MARCH 7

2:00 to 4:00 p.m.

The Jewish Community Centre, 151 Chapel Street

- fun games & booths to play • neat treats to eat
- awesome prizes to win • face-painting, balloons & more

Join the Costume Parade!

Get dressed up or come as you are!

Entrance Fee: \$4.00 (Adults free)



A program of the Jewish Community Centre

THE HEALTH FILE

The Counting Game

Cholesterolphobia — Disease of the Nineties

by Dr. Ron Vexler

Walk around any Florida poolside this winter and listen to people discussing numbers. No, it's not the temperature back home or the latest drop in I.B.M. shares—it's their cholesterol level! "Mine was 220 last week, 256 this week—but that was after those knishes at Nestor's". "Mine is 5.7...my doctor uses metric". In one recent study, 64% of a group of retirees had undergone a cholesterol analysis within the previous six months and fully 40% could quote the result. But while such awareness may be admirable, over-attention may not be justified or—worse still—harmful.

Cholesterol is a substance which is absolutely essential to our health. Each and every cell incorporates some into the cell-wall structure. It forms part of naturally-produced hormones such as estrogen and testosterone and is also essential for the production of Vitamin D.

Only 20% of the body's supply of cholesterol comes from our diet. The rest is manufactured by the liver in response to an individual's need. A steady-state is usually produced—eat more cholesterol-rich foods and the liver will turn down its production, eat less and the liver gears up. Why then, if this substance is necessary to our well-being and if the availability is primarily beyond our control, is there such widespread concern?

The answer lies in the concept of atherogenesis—the development of cholesterol-containing deposits within the walls of our

"One shouldn't dread mealtime. It is important to keep a balanced perspective on diet"

arteries leading ultimately to narrowing or blockage of these vessels. This can result in a heart attack, angina, or other vascular complications. Deposits arise because of a complex and still poorly-understood reaction between the lining cells of the arterial wall and cholesterol which is normally carried from the liver to other organs in the blood stream. Major "risk factors" which facilitate atherogenesis include cigarette smoking, high blood pressure, diabetes, genetic predisposition, age, and gender.

Although these so-called "risk factors" for coronary heart disease" had been identified from the late 1960's onward, intense interest in the role of cholesterol really began in 1984 with the publication of studies demonstrating that for every 1% reduction in total cholesterol level achieved through dietary modification or medication, there was a 2% reduction in the risk of developing coronary heart disease. This led to the publication by the American Heart Association of a program recommending:

- 1) mass population screening for cholesterol,
- 2) strict guidelines as to "acceptable" blood levels,

3) intensive dietary modification for the entire U.S. population to help achieve these levels.

So why are some physicians skeptical and others frankly dubious of the practicality and cost of such an education program? The answer is extremely complex, but let me raise a few of the issues. First, there is no doubt that, if you have established heart disease, you can clearly decrease the risk of a subsequent complication by strict control of all risk factors, including cholesterol. But the data is less convincing that an individual who does not have heart disease or other "risk factors" can significantly decrease the likelihood of a heart attack or prolonged life by vigorous dietary change.

Second, there appears to be a slightly increased risk of suicide, violent death, and cancer among those with the very lowest cholesterol levels. While this may be a statistical blip, it is as yet unexplained by researchers. There are other loose pieces to this puzzle—including the question about the people of France who eat enormous amounts of cheese and butter and smoke fiendishly—yet have a relatively low incidence of coronary disease.

In 1990, a consensus conference was convened in Ottawa to try to develop guidelines for Canadian physicians and their patients. It was recommended that every individual should have his or her blood cholesterol tested at least once. If the level is normal, it need only be rechecked again in five years. If the level is borderline or other



"AND WILL THAT BE THE LOW CHOLESTEROL SECTION OR THE HIGH CHOLESTEROL SECTION?"

risk factors such as smoking coexist, then the level must be monitored annually. High levels need to be checked even more often, especially if the other risks are present.

The recommended treatment for those patients whose serum cholesterol needs to be lowered begins with a low fat diet, calorie reduction, and avoidance of saturated animal fat. Many "fad" diets are touted to speed up the process of cholesterol reduction. Few are effective and some are dangerous because of deficiencies in other important nutrients. Persistent hypercholesterolemia despite a prudent diet can be dealt with through medication prescribed by physicians. These

potent medications are usually reserved for patients with established heart disease or a "high risk" profile.

Some people with slightly elevated cholesterol levels become so obsessed with diet that they lose interest in food, one of the more pleasurable aspects of life. One shouldn't dread mealtime, nor should attempts at diet modification become a daily battleground with families. It is more important to keep a balanced, moderate perspective on diet while addressing all of the other factors which may needlessly increase your risk of heart disease.

Dr. Vexler is an Ottawa cardiologist.

Weizmann Institute

Mercury Removed from Waters

Rehovot, Israel — Mercury could eventually be removed from contaminated waters, and certain commercially valuable metals mined from the sea, thanks to a novel filtration method developed at the Weizmann Institute of Science.

The procedure, developed by Dr. Abraham Warshawsky of the Weizmann Institute's Department of Organic Chemistry, is being adapted in collaboration with Dr. Sandro Degetto of Italy's National Council of Research in Padova to remove specific metals from the Adriatic Sea and from inland bodies of water in Sardinia.

Dr. Degetto approached Dr. Warshawsky in 1983 to see whether the Weizmann Institute scientist's method could be modified in order to "mine" uranium from the Adriatic Sea, which like many bodies of salt water, con-

tains this valuable metal in dilute form. The technique Warshawsky developed was shown to work in laboratory experiments conducted in Padova with water samples from the Adriatic Sea.

Warshawsky was then asked to try to modify his method to extract toxic mercury from Sardinian waters so that they can be used for breeding shellfish. Most systems for extracting mercury are not able to reduce concentrations to tolerable levels. In laboratory experiments conducted at the Weizmann Institute, Warshawsky was able to reduce concentrations to levels sufficiently low to make fish-breeding viable. The two researchers have signed a three-year collaboration agreement to further test and refine the mercury removing technique in Sardinian waters. The Weizmann Institute scientist says the method could be modified to work in any

body of water with high concentrations of mercury.

"Solving ecological problems can often be an economic benefit, and not just an economic burden to industry," notes Warshawsky.

ATTENTION FINAL NOTICE

If your telephone number or address has been changed or if you are a newcomer and wish to be listed please notify The Ottawa Jewish Telephone Directory at 789-3104 before February 26, 1993. If no one is in the office please leave a message on the answering machine. Otherwise your old phone number and address will be listed in the 1993 Directory. Thank you.

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THE HEALTH FILE

An indicator of stress

Insomnia: Not Sleeping is Not Funny

by Dr. Gerald Pulvermacher

Millions of people suffer from insomnia. One needs only to take an inventory of the "billions" of sleep-aid capsules consumed yearly to realize the scope of the problem. If you add to that number those people who use alcohol to assist in sleeping or those who simply become accustomed to three or four hours of sleep per night, the figure becomes staggering.

In my own experience, poor sleepers fall into three basic categories, assuming that there isn't a medical condition responsible for the insomnia. First, there are those who have difficulty falling asleep (sleep latency onset). Often, these are the worry-warts. They believe that the best time to review their entire lives — past, present and future — is the moment their heads hit the pillow. Then there are those who cannot stay asleep — they wake up, fall back asleep, wake up, and so forth. This group typically consists either of worriers or people who suppress feelings, agonize over issues or aggravate themselves over one thing or another. Finally, there are those who discover that they are waking up earlier and earlier, not because they want to, but it just begins to happen. This can occur, of course, as people grow older (our need for sleep diminishes with age). On the other hand, early morning awakening (diurnal variation) is one of the first signs of burn-out. In this condition, people have also been known to sleep 18 hours a day and still not feel rested. And unless you're a teenager, this is not normal — besides teenagers only begin their days at midnight, which is frequently the reason for their seemingly chronic fatigue!

In this article, I am going to deal only with the first type of insomnia, that is, being unable to fall asleep. This is also the most common of the sleep problems. The reason for the prevalence of this type, is that being unable to fall asleep is probably one of the most sensitive indicators of stress. In other words, if you are going through a period of stress,

"Poor sleepers are often worry-warts... who believe the best time to review their lives is when their heads hit the pillow"

there is an increased probability that you will have difficulty falling asleep. Unfortunately, if you now worry about being able to sleep, and the original stress is gone, you may be left with a worse problem (insomnia) than the stress which caused the symptom in the first place.

Here, then, is my prescription for breaking the sleep onset insomnia habit. Let me caution you that in order for this process to work, you must give it time. Depending upon how long you have had the problem, it may take weeks before you can break the habit and re-establish a normal response to fatigue.

1. Do not try to make yourself sleep; the more you do so the more difficulty you will have falling asleep. In fact, you might start by assuming the posture you ordinarily use to fall asleep and intentionally try to keep yourself awake (this is called "paradoxical intention"). Just as you cannot make yourself sleep, if you are truly tired, you cannot keep yourself awake.
2. If you approach "good" sleepers who have been in bed for 10-12 minutes and ask them how long they have been there, they will respond, "about 10 minutes". If you ask the same question of poor sleepers, they will say "hours. I've been tossing and turning...". In other words, poor sleepers tend to exaggerate the length of time they have actually been in bed. Therefore, if you have been in bed for 15 minutes and are still not asleep, get out of bed. You don't want to associate "bed" with "not sleeping". Once out of bed do something really boring; when you feel tired, practice relaxation training

(there are commercially available tapes if you do not know how). If you are still not asleep after 15 minutes, get out of bed again, do something boring and again try to sleep once fatigue sets in. Repeat this cycle up to four times. The important thing is not to do anything in bed at this time but sleep. No watching T.V., talking on the telephone, reading, etc.

3. If after the fourth repetition you are still not asleep, go to sleep in some other part of the house. Many people report that they can fall asleep in a guest room or on a couch; this is fine. Once normal sleeping is re-established, it will generalize itself back into your bed.
4. Now, here is the critical thing. No matter how little sleep, (and this only applies to poor sleepers,) you must set your alarm clock, weekday and weekend, at exactly the same time, get out of bed, and run your whole day through. There is a tendency for poor sleepers to cat nap or make up for lost sleep on weekends. This simply reinforces poor sleeping during the week and strengthens the habit.
5. If you take sleeping pills, do not stop "cold turkey". Doing so will often create a rebound effect, which means that you will have even more difficulty falling asleep. Simply take less and less medication, as good sleeping habits are re-established (check with your doctor as to the best schedule of gradual withdrawal).
6. Do not eat anything for at least two hours before going to sleep. The physical cues of digestion may keep you awake. Also, do not drink alcohol. Alcohol may help some people fall asleep, but because it acts as a stimulant when it breaks down chemically, you will not

have a restful sleep. It actually helps to drink warm milk; but, do not put cocoa in your milk (that will keep you awake). Of course, cutting back on all forms of caffeine (coffee, tea and colas) is critical.

7. It has been shown that if you begin to exercise regularly, but not just before bedtime, your sleep habits ought to improve. First, exercise will reduce stress. Secondly, it helps to induce fatigue.
8. Practice becoming more assertive (not aggressive). The more your feelings are effectively expressed and situations dealt with, the less there is to worry about. If you don't know how, I recommend "The Assertive Option" by Patricia Jakobowski and Peter Lange. Taking a course on assertive-

ness and/or stress-management can also be very helpful.

Finally, do not give up. Your sleep problem did not materialize overnight. Introduce one strategy at a time, looking for gradual and graduated improvement. You might also want to keep a chart of the estimated time it took you to fall asleep. Data can be very powerful in reinforcing improvement or suggesting that you have to bear down and be more consistent in your plan. Also, remember that setbacks are inevitable. Should you have a recurrence, simply go back to the program until your good sleeping habits are re-established.

Dr. Pulvermacher is Managing Partner of an Ottawa-based Clinical and Organizational Psychology practice.



Jewish Family Services

Elaine Rabin, MSW Executive Director



- Recent widow living near Bayshore Shopping Centre would greatly benefit from a weekly visit. She is quite isolated as family lives out of town.
- Teleshalom (telephone assurance program) requires permanent and full-time volunteer callers. We do have seniors who are waiting to get on this service.
- Seniors need help with weekly grocery shopping. Sandy Hill and downtown areas.

If you would like more information please contact Bev Grostern, Volunteer Coordinator, 789-1800.

The Jewish Hospice Visiting Volunteer Program offers care to the chronically ill and terminally ill according to Jewish tradition, ethnicity and values. Our program recruits and trains Jewish volunteers to provide culturally specific friendly visiting to clients in institutions, nursing homes, seniors residences and in their own homes. Our volunteers are trained to offer emotional support to the client and his/her family members. Clients will hope to be visited for a few hours each week. If you are interested and have the time to give to a rewarding and challenging volunteer position, please call Sherry Harris at Jewish Family Services at 789-1800 to discuss our upcoming training program.

Do you have an elderly parent? Would you like to talk about it?

Responding to the needs of aging parents or other elderly relatives can be extremely stressful, particularly if they're not the only people who rely on you.

Let us help, even if it's just a matter of talking things out.

In addition to crisis intervention and counseling, we can offer a very wide variety of services to help you deal more effectively with the conflicting demands that life today often imposes.

We even offer an Elder Support NetworkSM to help you coordinate proper care for elderly relatives living in distant communities.

Consultations can be arranged to suit your schedule, and services are always provided in strictest confidence.

As for costs, service fees may be covered in part by your health insurance, and payments are scaled to income.

All you have to do is call.

Not for them. For yourself.

Jewish Family Services

151 Chapel Street
Ottawa, Ontario
789-1800

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FOCUS ON FINANCE

Income Taxes and Income Savings

by Alan Freed, C.A.

Tax savings require planning, not "after the fact", but before hand and in good time to ensure that the plan will work legitimately and produce the desired results. In this connection it is worth observing that the government sets the rules and is usually very quick to change them if a particular plan is perceived as an abuse of the system. Governments have limited tax shelters and campaigned against "schemes" with a very wide general anti-avoidance net. Tax planning would appear to be limited to those arrangements that are allowed by the legislation or which receive advance approval from the tax authorities.

Tax planning focuses on short-term goals but must also deal with the long-range objective of providing sufficient retirement income, protecting against disaster, and preserving wealth for intended beneficiaries. Consequently, it must be viewed as an ongoing process that concentrates upon creating and preserving wealth rather than a "quick fix" to an immediate problem.

Again, it is important that any reduction in the tax burden be accomplished by legitimate means. While the dividing line between tax avoidance and tax evasion is sometimes obscure, the failure to declare income is an offence for which there are

significant penalties. On the other hand, there is nothing sinister in claiming every available deduction or tax credit, nor in so arranging one's affairs that the realization of income is deferred or transferred to others. Similarly, the maximizing of "after-tax" yields by choosing different types of investment is a proper planning procedure not to be frowned upon. Thus, tax planning may be viewed as an acceptable way of lowering taxes by:

- postponing the receipt of income;
- claiming all available deductions or credits;
- converting non-deductible expenses into those that are allowable;
- selecting investments that provide better "after-tax" returns;
- splitting income among family members.

Each of the above is broad and complex and would be the subject of full articles. Following is a general discussion of many of the available deductions or credits to be considered as the time for filing 1992 personal income tax returns approaches. The list is not all inclusive and individuals will have different circumstances.

Interest Expense

One of the ways to improve personal cash flow is to eliminate debt on which interest is not tax deductible. As a general rule, available cash should be used to

repay funds borrowed for personal expenditures (such as a home mortgage or loans for personal assets) rather than to repay loans for investment or business purposes.

Carrying Charges

A deduction may be claimed for expenditures associated with the holding of investments. Such costs include safekeeping charges, fees or expenses for the collection of income, investment counsel fees, and other expenses which may be regarded as having been incurred for the purpose of earning income.

Charitable Donations

Donations made by an individual to a qualified Canadian charitable institution are eligible for a non-refundable federal tax credit of 17% of the first \$250 of gifts and 29% of the excess, to the extent of 20% of net income.

Medical Expenses

A federal non-refundable tax credit of 17% of unreimbursed medical expenses incurred in respect of a taxpayer, his spouse, or a dependent may be claimed in 1992. The credit is limited, however, to expenses in excess of the lesser of \$1,614 and 3% of the taxpayer's net income.

Of course, medical expenses paid and/or reimbursed by public or private insurance plans do not qualify for the tax credit.

Either spouse may claim the medical expenses incurred on behalf of the other, but expenses in respect of a dependent may only be claimed by the spouse who is entitled to claim the individual as a dependant for tax purposes. Generally, the spouse whose income is lower will obtain the greatest benefit.

Moving Expenses

Where an individual changes residences in Canada and commences to carry on a business at

a new location, "eligible moving expenses" incurred in moving may be deducted if the move results in residing at least 40 kilometres closer to the new business location. Students commencing full-time attendance at a university or other post-secondary educational institution may also deduct eligible moving expenses according to the above conditions.

Tuition Fees

A federal non-refundable tax credit of 17% of tuition fees paid in the year may be claimed by the student.

Pension Income Credit

Individuals 65 years of age or older are entitled to a non-refundable federal tax credit of 17% of the income portion of an eligible annuity, pension income received as a life annuity, payments from an annuity arising under a DPSP or an RRSP, and income from a RRIF, up to a maximum credit of \$170.

Credits for Dependents

If the income of the dependent spouse or child exceeds the threshold to qualify for a 17%

federal personal tax credit, it may be possible to reduce such income by having the dependant make a contribution to an RRSP if he or she has qualifying income.

Child Care Expenses

Qualifying child care expenses incurred in order to permit the taxpayer or a supporting person of the child to pursue employment or business activities can be deducted.

Alimony/Maintenance Payments

Certain conditions must be met to have payments of alimony/maintenance deductible to the payor and included in the income of the recipient. Basically, the payments must be paid pursuant to a decree, order or judgement or pursuant to a written agreement as an allowance payable on a periodic basis. The parties must be living apart pursuant to a divorce, judicial separation or written separation agreement at the time the payments were made and throughout the remainder of the year.

Alan Freed is a chartered accountant and senior partner in an Ottawa firm.

Israeli Free-Trade Zone gains support

NEW YORK (JTA) — Advocates of free enterprise in Israel have won a crucial victory in their battle to create a tax-exempt industrial park.

Israeli Finance Minister Avraham Shohat announced that he supports the plan and will submit the necessary legislation to the Knesset.

Shohat's decision has pleased American Jewish investors sponsoring the project, who say their plan will create 20,000 jobs badly needed by Israel.

Create manufacturing enclave

If the plan overcomes the substantial remaining hurdles — including approval by the Knesset — it will create a manufacturing enclave in which Israel's voluminous tax and labor regulations would not apply.

"Israel has a rather thick bureaucracy," said Sy Syms, who heads the New York-based Israel Export Corp. sponsoring the project. "It's a question of whether or not the ministers and bureaucrats in the government can see the good and welfare of creating free export zone jobs."

Shohat's endorsement of the project came in the face of opposition from senior officials in his ministry and the Bank of Israel. He apparently rejected fears that the zone would create unfair pressures on local industries, and would offer unfair benefits to its investors at the expense of regular investments in the Israeli

economy.

Proponents of the free-trade zone argue that foreign investors currently receive benefits that outweigh the tax revenue Israel eventually collects from them.

The Israeli government would make no investment in the proposed zone and would collect no taxes from it other than income taxes on those employed there.

Under the plan, the Israel Export Corp. would purchase several hundred acres of land, on which it would build an industrial park.

The corporation would finance the infrastructure. It would then rent out space and facilities to other companies, which would manufacture for the export market.

Improving Israel's economy by reforming it is the goal of the Institute for Advanced Strategic and Political Studies.

Massive export growth

A study issued by the Institute last year said that a free-trade zone would "foster prospects for massive export growth along the lines of the success stories of Hong Kong, Singapore, Taiwan and Korea."

But beyond the immediate growth prospects, the report said that in other countries, the effects of the zones "gradually percolated through the economy, reinforcing competitive and liberalizing tendencies."

Israeli Bonds

One Year's Interest-Free

Holders of 15 year State of Israel Development Issue Savings Bonds purchased in 1979 are being given the opportunity to realize a year's worth of interest for free.

Through the advanced reinvestment program, Bondholders are credited with a year's worth of interest if they elect to reinvest the matured bonds in year 14 of the 15 year term.

For example, if you purchased a \$250.00 U.S. Bond in 1979, normally it would mature sometime next year at \$450.00 U.S. if you

decide, however, to reinvest in a \$500.00 Bond, then the State of Israel will accept your Bond as being fully matured and with an additional sum of \$50.00 U.S. you will then receive a new Israel Bond worth \$500.00 U.S.

All 4% Savings Bonds are eligible for advance reinvestment and any Bonds purchased prior to 1979 are eligible for either reinvestment or redemption.

Further information on advance reinvestment can be obtained from Israel Bonds at 789-7139.

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INFORMATION

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LE CONGÉ DE MARS

Préparez dès maintenant la semaine de congé de vos enfants! Les centres communautaires, les piscines et les arénas offrent des programmes spéciaux pendant tout le congé du mois de mars.

Dans vos centres communautaires

Des programmes de camps de jour seront offerts par les Centres suivant pour la période du congé :

Canterbury (564-1068) Le Carrefour (798-0575)
Heron (564-7320) Overbrook (564-1184)
Saint-Pierre (564-1060)

Dans vos piscines

- **Piscine Saint-Laurent** — Camp aquatique
Un camp qui concentre évidemment sur la natation mais qui s'ouvre aussi à d'autres activités.

Il est aussi à noter que l'horaire de natation récréative est prolongé dans toutes les piscines intérieures pour la durée du congé. Communiquez avec la piscine de votre choix ou composez le 564-1023 pour tous les détails.

Dans vos arénas

Il est aussi à noter que l'horaire de patinage récréatif est prolongé dans toutes les patinoires intérieures pour la durée du congé. Communiquez avec l'aréna de votre choix ou composez le 564-1181 pour tous les détails.

Pour les aînés

Des excursions en autobus

Le **Blodôme de Montréal** — Le mercredi 24 mars
Le **Cabane à sucre de Saint-Benoît** — Le mercredi 31 mars
Renseignements : 564-1017

Un atelier

Le **sommeil et la santé**
Le vendredi 7 mars de 10 h à midi
Au Centre communautaire Forbes
564-1021

Les Clubs de marche

Des Clubs de marche dans divers Centres communautaires et au Centres commerciaux Rideau et Saint-Laurent sont organisés pour les aînés. Communiquez avec le bureau des aînés au 564-1017 pour plus de détails.

Le Répertoire des arts et du patrimoine

Pour les artistes, les producteurs et les communicateurs, le Répertoire des arts et du patrimoine demeure un outil indispensable — un excellent moyen de comprendre l'envergure et la complexité de la communauté culturelle à Ottawa (8 \$ plus T.P.S.).

Composez le 564-1272 pour plus de détails ou pour obtenir votre copie par la poste ou présentez-vous à l'un des endroits suivants :

- Hôtel de ville d'Ottawa
111, promenade Sussex
Services des loisirs et de la culture
Pavillon Rideau, 1er étage
- 11, avenue Holland, 5e étage
Service des loisirs et de la culture
Division des programmes des parcs

Break Away!
March 15 to 19, 1993

MARCH BREAK

Community Centres, swimming pools and arenas have planned special daytime programmes or have extended their schedule for the duration of March Break.

In your Community Centres

The following Centres are running special programmes during March Break:

Albion-Heatherington (564-1191)	Alexander (564-1182)
Bellevue (564-1190)	Canterbury (564-1068)
Carlton Heights (564-1231)	Dalhousie (564-1188)
Dempsey (564-1186)	Dovercourt (564-1072)
Fisher Park (722-5772)	Forbes (564-8414)
Foster Farm (564-1256)	Glebe (564-1058)
Greenboro (564-7331)	Heron (564-7320)
Hintonburg (564-1066)	Hunt Club/Riverside (521-1392)
Jack Purcell (564-1050)	Lakeside (564-7264)
Main Street (564-1264)	McNabb (564-1070)
Michèle Heights (564-1258)	Ottawa South (564-1064)
Overbrook (564-1184)	St. Pierre (564-1060)
Sandy Hill (564-1062)	

In your Pools

- **Pinecrest Pool** — Aqua-camp
- **St. Laurent Pool** — Aqua-camp
- **Plant Pool** — Bronze Cross and Medallion
- **Clifford Bowey Pool** — Red Cross / Royal Life Saving Instructor School

Pools also have an extended public swimming schedule.

In your Arenas

Arenas are offering an extended public skating schedule for the duration of March Break. Call 564-1181 or your neighbourhood arena for details.

For Seniors

Bus trips

Montréal Blodôme — Wednesday, March 24
Sugar Bush at Saint-Benoît — Wednesday, March 31
For information on bus trips call 564-1017.

Workshops

Humour Workshops — "The Spark of Life"
Wednesday, March 3 from 1:00 to 4:00 p.m.
Dempsey Community Centre, 564-7321

Crafts Workshops

The last Monday of the month from 10:00 to 11:30 a.m.
Jack Purcell Community Centre, 564-1019

Learning to say "No"

Monday, March 9 from 1:00 to 3:00 p.m.
Overbrook Community Centre, 564-1021

National Gallery "Inquiring Eye": Fashion and Morals
Friday, March 12 from 1:00 to 3:00 p.m., 564-1021

Paper Making

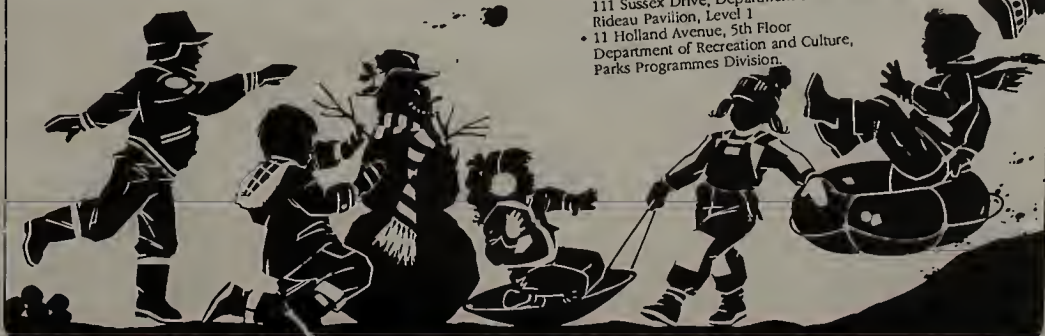
Friday, March 26 from 10:00 a.m. to 4:00 p.m.
Overbrook Community Centre, 564-1021

The 1993 Arts and Heritage Directory

A comprehensive guide to Ottawa's professional and amateur cultural community is now available (\$8 plus G.S.T.).

To receive this bilingual directory by mail call Cynthia Smith at 564-1272 or pick one up at one of these locations:

- Ottawa City Hall
111 Sussex Drive, Department of Recreation and Culture
Rideau Pavilion, Level 1
- 11 Holland Avenue, 5th Floor
Department of Recreation and Culture,
Parks Programmes Division.



ORGANIZATIONS AND PEOPLE

Purim Concert March 7

Moshe Yess to Entertain at Singles Dinner

by Hershel Caytak and Charles Steinberg

Last year's Purim dinner concert for singles was such a smashing success that a repeat of this event is being held this year on a grander scale, at the Chateau Laurier, Sunday, March 7 at 4 PM.

The event is again being sponsored by the Jewish Youth Library, Chaya Mushka Building (singles branch). Dr. Yosef and Devora Caytak are the co-directors of the Library which hosts a variety of educational and social courses and events throughout the year.

The concert will be given by world-renowned singer, composer, songwriter and music video director Moshe Yess. He was born in a small town in the eastern part of Canada and later lived in Montreal and Toronto.



Moshe Yess

At age seventeen, he and his parents moved to Hollywood,

California. It was a period of major developments in pop music in California, and Moshe became part of that "golden music era".

"One could not have chosen a better place to be if music was your thing," says Yess. "There were coffee houses all over the state and the people I used to jam with in these places such as Jose Feliciano and David Crosby were later to go on to become international stars in music. I was asked to join the Association and the Jefferson Airplane but I wanted to be more than just a rock and roller, I wanted to become an entertainer."

For eight years, 40 weeks per year, six nights a week, Yess entertained in clubs developing his unique style and audience rapport. Following a stint as a coffee house owner in Jerusalem, Moshe returned to Canada in 1984, co-created the Marvelous Midos Machine with Abie Rotenberg in Toronto, and moved to Montreal where he invented The Amazing Torah Bike series.

When not creating a new album or video, Moshe is on the road doing concerts. He figures that he has travelled over a million miles to sing for his Jewish audiences worldwide. Whether at Carnegie Hall, Lincoln Center

or a kids' summer camp in northern Ontario, each audience is entertained and uplifted by his musical genius and spiritual high. Tickets for the concert and

kosher dinner are \$36 per person. There is a special rate for full-time students with ID. For reservations or information call 729-7712 or 729-1619.

An Update on Ottawa Friends of Peace Now

By David Gladstone

Ottawa Friends of Peace Now has been active within the Ottawa Jewish community for over 10 years, sponsoring talks in the ICC and keeping the community informed of the positions of the Peace Now movement in Israel. It should be noted that while Peace Now is publicly supported by all of the Meretz Members of Knesset (MKs) and many of the Labour MKs, Peace Now is not a political party as such. Less publicly, many IDF officers are Peace Now supporters.

While the election of the Labour-led coalition government headed by Prime Minister Yitzhak Rabin has dramatically changed the Israeli political landscape, Peace Now remains active as an extraparlimentary grassroots movement. The objectives haven't changed. It continues to push for peace between Israel and its Arab neighbours through resolution of the core conflict, and between Israel and the Palestinians.

Recent Peace Now activities

have included sending charter member Meir Pail on a tour of Jewish communities in North America. Meir Pail is a 30-year veteran of the Israel Defence Force, reaching the rank of Colonel, who lectures on military strategy at the IDF Staff School. He spoke to members of Ottawa Friends of Peace Now on November 11, emphasizing the military practicality of the principle of "Land for Peace". He noted that an article he wrote two years ago for the New Outlook magazine, detailing how Israel could safely withdraw from the Golan Heights, has not to date been rebutted by other military strategists.

On December 26, Peace Now held a rally in Tel Aviv calling on the Israeli government to allow the 415 deported Palestinians to return home and to open direct talks with the PLO. Peace Now believes both are necessary for the peace process to progress, while not impairing Israel's security.



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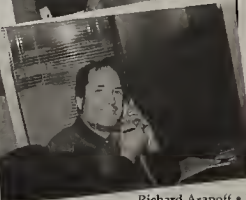
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Thank you Ottawa for your most generous response to the Tu Bi Shevat Telethon. If we missed you, please call the JNF office at 789-9047 to plant trees. And thank you to the following canvassers who made our success possible.

Rhonda Zinman
Telethon Co-Chair

Lillian Zunder
Telethon Co-Chair



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ORGANIZATIONS AND PEOPLE

Five week course

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Rabbi Yosef Skaist delivering class on the contemporary Talmud.

J.E.T. students attend special Chanukah party

Have you ever wondered if everyone except you goes to Florida over the winter break? Apparently not - the evening of December 24 is usually a quiet time in the Ottawa Jewish Community, but this year proved to be a most pleasant exception. A large group of Jewish Education through Torah (J.E.T.) students attended the home of Rabbi Zischa and Lauren Shaps in Alta Vista, for a delightful Chanukah celebration. Bathed in the soft glow of the oil menorah, students from various J.E.T. adult education classes sponsored by the Ottawa Torah Institute enjoyed

good food, stimulating conversation and seasonal camaraderie.

Highlighting the evening, was the "Dvar Torah" delivered by Rabbi Shaps, who related the Maccabean victory to modern Jewish life, offering fresh insights and pertinent comments for reflection. The evening was a warm, successful culmination of the fall J.E.T. educational program which is enjoyed by many members of the Ottawa community.

If you would like information about the various classes currently offered by J.E.T. please contact Rabbi Shaps or Lauren Shaps at 521-4437 or 789-5658.

Engagement Announcement

Mr. and Mrs. Sidney Margles of the Town of Mount Royal, Quebec, (formerly of Ottawa), are delighted to announce the engagement of their daughter, Elizabeth Hannah, to Stephen Ira Halman, son of Mr. and Mrs. William Halman of Toronto.

Ms. Margles is a granddaughter of Clara and the late Elie Margles and of Mr. Harry Elkin and Amelia Elkin and the late Lil Elkin.

Mr. Halman is a grandson of Gittel and the late Tobias Halman and of Yetta and the late Joseph Hamer.

Ms. Margles graduated McGill University with a B.A. in Communications and is currently

a Masters candidate in Environmental Studies at York University.

Mr. Halman, who holds a B.A.Sc. in Mechanical Engineering from the University of Toronto is in his final year of Medical School at McGill University.

A Fall 1993 wedding is planned.

Classified

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HOUSE FOR SALE: Alta Vista, Playfair Park. Walking distance from Congregation Machzikei Hadas. 2 storey, 4 bedroom, completely renovated. Hardwood floors, fireplace, central air, main floor family room. Large private lot near park, quiet street. Close to schools, hospitals, shopping, downtown. Asking \$259,000. 526-3540, evenings.

Bulletin Classifieds Get Results. \$9.80 for 20 words; \$6.25 for each additional word. Call Alyce Baker at 232-7396.

It's as easy as 1,2,3. Or make that Aleph, Bais, Gimmei. Learning to read Hebrew has just become easier no matter what age you are. Jewish Education through Torah (J.E.T.), will be presenting a five week crash course in *How to read Hebrew*, beginning March 1. The class will be given by Rabbi Yosef Skaist at Congregation Machzikei Hadas, 2310 Virginia Drive on five consecutive Mondays from 8:00-9:30 PM.

Using a method proven in hundreds of courses across North America, this class will have the beginner who has never seen Hebrew reading in just five sessions. If you would like to read the Hagaddah in the original Hebrew or feel more comfortable in synagogue, this is your chance. According to Rabbi Zischa Shaps, director of J.E.T., "Those who have attended all five sessions have come out reading Hebrew." He agrees that "spending a few minutes reviewing during the week is important to the success of the student."

This will be the fifth offering of this class since August. The crash course is followed up by a Hebrew Level 2 class for those interested in honing their reading skills. Presently a Hebrew Level 2 class is being offered on Sunday evenings at Beth Shalom West, 15 Chartwell Avenue from 7:30-8:30 PM. The class is given by Debbie Fishman.

Besides Hebrew, J.E.T. offers a wide variety of classes ranging from Jewish Philosophy to Jewish Law and Torah Study. Presently, the winter semester is in full swing and off to a very successful start. On Sunday evenings, in addition to the Hebrew Level 2 at Beth Shalom West, two series of lectures are being offered at Congregation Machzikei Hadas.

At 7:00 PM, the *Contemporary Talmud* is given by Rabbi Yosef Skaist. This class explores many

meanings behind their laws and customs.

Other programs offered by J.E.T. at Machzikei Hadas include a Tuesday night class in the *Book of Shemot* for women and a Thursday night *Beis Medrash Program* for men. Lauren Shaps gives a class in her home on Wednesday mornings in the meaning of the *Amidah prayer*. On Wednesday evenings, Rabbi Howard Finkelstein gives a class titled *Towards More Meaningful Prayer*, at Beth Shalom West, 8:15-9:30 PM. In addition, a Hebrew crash course is being completed in Orleans. This class was co-sponsored by the JCC.

All classes offered by J.E.T. are free of charge and can be joined in mid-session. For more information about these and other programs please call 521-4437 or 789-5658.

Learning to read Hebrew has become easier...J.E.T. offers crash course

important contemporary issues such as birth control, abortion, euthanasia and more through the eyes of the Talmud. It shows how these issues were discussed more than 1500 years ago and how the Talmud gets to the core of the issue. This class will run until February 28. At 8:00 PM Rabbi Shaps gives lectures on a variety of topics. On February 21 he will begin a series of lectures on the holidays of Purim and Pesach, exploring their individual themes and the deeper

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ORDERS WILL BE TAKEN UP TO AND INCLUDING THURSDAY, MARCH 4TH.

Engagement

Ruth and Ron Levitan are pleased to announce the engagement of their daughter Riva to Richard Roth, son of Sheila and Paul Roth of Toronto. Proud grandparents are Frieda and Harry Levitan, Vera and Sam Schwartz and Hilda Raider of Toronto. An October wedding is planned.

It's A Boy!

Ruth and Itzhak Snyder are pleased to announce the birth of their son Uziel Chaim, born January 6, 1993 in Toronto. Proud grandparents are Roslyn and Gerald Snyder of Ottawa and Pat and Jonathan Singer-Jordan of Toronto. Proud great-grandparents are Mariette and Morris Woolfson and Eva Snyder of Ottawa and Lillian Jordan-Sikh of England. Great-great-grandparents are Doctor and Mrs. Lurie of England.

ORGANIZATIONS AND PEOPLE



Armand Volkas with picture of his grandfather Moshe whom he never met.

Workshop planned for Jews and Germans

by Esther Schwan

As a child of Resistance fighters and survivors of Auschwitz and Buchenwald, psychotherapist and drama therapist Armand Volkas has first-hand knowledge about feelings of children of Holocaust survivors. Yet he is always moved by Germans of the post-World War II generation who struggle with their history, their sense of shame for the acts of the generation that preceded them and their alienation from their own culture.

In his work as a psychotherapist, specializing in drama as a therapeutic tool, he has brought together Jews (mainly descendants of Holocaust survivors) and Germans of the post-World War II generation in numerous workshops both in the United

States and Germany. The workshops explore common issues and, through dialogue, storytelling and improvisation, model a healing process between the two groups. By breaking the taboo against speaking to each other, brave members of this generation of Jews and Germans have been coming to terms with their history as well as their common future.

Armand Volkas believes that the more we create public gestures like this, the less the possibility that the ghosts of history will return.

He is looking forward to leading a workshop in Ottawa, later this year.

To participate and for more information please call Esther Schwan at 828-6037.

Eric Vernon of CJC Speaks on Anti-Semitism

by Eileen Berecovitch

At the Chavarot chapter of O.R.T.'s January 12 meeting at the home of Beatrice Phomin there was a full house to welcome Eric Vernon.

Eric is Director of the Ottawa office of the Canadian Jewish Congress. His responsibilities include advocacy with the government on behalf of the Jewish community, as well as the preparation of briefs and papers on national legislation of interest to Canadian Jewry.

The topic of the evening was anti-Semitism. As this problem is of growing concern in our own country as well as abroad, O.R.T. members thought it important to have Eric address this subject. He approached the topic in a unique way by showing us a taped interview of an ex neo-Nazi skinhead. Although the magnitude of this problem is shocking to most people he assured us that Canada is still a relatively safe place to live and certainly does not share the same level of prejudice as our American or European neighbours. Besides being extremely informative and knowledgeable, Mr. Vernon was able to stimulate a great deal of discussion amongst the members. At evening's end we all had a better understanding of the need to be vigilant and not let situations grow out of control.

Penny Resnick, who is in charge of all cards and donations for the Chapter advises that O.R.T. now has new sympathy, mazel tov, chai, all purpose cards and hasty notes available. All were designed by young female Canadian artists. They are beautiful cards to keep on hand for any occasion and as well as being a donation to O.R.T. they are also tax deductible (except the



Beverly Cogan-Gluzman and Eric Vernon.

hasty notes). If you are interested in purchasing any of them please contact Penny at 731-3324 or Beverly Cogan-Gluzman at 726-1070.

Sam Goldstein wins playwriting competition

The play *Casualties of War* written by Ottawa native, Samuel Goldstein, has been unanimously selected by the Theatre Committee of the Jewish Federation of Greater Toronto, as the winner of its 1992 playwriting competition.

The committee was most impressed by the timeliness as well as the dramatic potential of the play, which deals with the Intifada and its effect on the lives of the young soldiers involved.

The prize offered is a public reading of the script. The Medina Theatre of Toronto will mount the presentation, February 28, at which time Sam will be introduced to the audience. Following the production he will be available to answer audience questions.



S.D. (Sam) Goldstein

Sam, the son of Shirley Halpern, received his MA in political science from McMaster University and is currently attending law school at the University of Calgary.

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HILL**

**SUNDAY,
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12 noon



This rally has been organized with the assistance of the Jewish Teen Leadership Council, JSU-Hillel, the Jewish Community Centre and the Jewish Community Council of Ottawa.

Your Community Urges You To Attend

ORGANIZATIONS AND PEOPLE

Sponsored by JFS

Language Training Program for Newcomers at JCC

by Laraine Kaminsky

In the 1980's the Jewish community opened its doors to newcomers under the auspices of a program called Project 4000. Under then-Mayor, Marion Dewar, this humanitarian initiative for boat people was eagerly adopted by all Ottawans, and we in the Jewish community agreed to sponsor up to 50 individuals from Southeast Asia.

At that time, the community signed an umbrella agreement with Canada Employment and Immigration (CEIC) and has since been in the position of extending settlement services to refugees and immigrants from all parts of the world sent to Jewish Family Services by our government. As a community we have benefited tremendously in goodwill and have appreciated the opportunity to be of service.

A recent initiative of CEIC has been the establishment of a new language training program called Language Instruction for Newcomers to Canada (LINC). Since September, this program has been operating at the Jewish Community Centre in conjunction with Malkam Consultants.

The LINC program provides adult immigrants with basic communication skills that are necessary to function in Canadian society. Presently there are 16 students enrolled in the class. They come from many parts of the world, including Vietnam, Somalia, Kurdistan, China, Cuba, Iran and El Salvador. The students are often surprised and delighted to be taught at this site.

Students study Monday to Friday for 16 weeks. They are taught by two qualified English as a Second Language (ESL) instructors. The first session ended January 22. Another program started January 25.

In this LINC program the four language skills of listening, speaking, reading, and writing are taught within the context of theme-oriented lessons. Examples of such communication themes are Orientation to

Ottawa, Education, Employment Preparation and Banking.

In addition to classroom instruction students sharpen their communication skills by completing contact assignments in the community, for example, buying food at the market and using a bank machine. Other activities include watching videos on topics relating to class work and listening to guest speakers such as a city police officer.

One of the greatest benefits to this new LINC program is the multicultural nature of the class. Students have their own sets of life experiences that they bring to

the class. Sharing these experiences with others provides an opportunity for students to determine what experience is relevant to their new life and to work out together the very real multicultural dimension of Canada.

Although LINC is officially a "language instruction" class, it also becomes a "home away from home" for the students. They develop confidence, a sense of security and belonging, and friendship to help ease the transition to a new country. As well as learning English and about Canada, students have the opportunity to teach each other about their



Graduates of the LINC program

own cultures. This is seen as an important step in learning the language as it inspires a sense of

self-worth and pride in themselves, conducive to better learning.

What's All This Talk About Moshiah Lately?



An opportunity to hear an informative analysis of this developing phenomenon from the renowned scholar and worldwide lecturer on Jewish thought.

Rabbi Dr. J. Immanuel Schochet

Rabbi Schochet is author of more than a dozen books and numerous articles. He is the rabbi of Klei Kesser Congregation and professor of philosophy at Humber College in Toronto.

He will address the public and field questions at
Parliament Hill

Main Entrance, Room 253-D

(Free parking in the rear.)

Wednesday, March 10 1993, at 8:00 P.M.

Tickets: \$5.00 / person

Ticket also includes an entry into a draw for a Fresh Water Pearl Necklace.

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Arranged by the International Campaign to Bring Moshiah • For more information about Moshiah call 1-800-2MASHIAH
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Pope and El Al Group Meet

TEL AVIV (JTA) — In an unprecedented move, Pope John-Paul II has agreed to meet with a delegation of El Al representatives to discuss Christian pilgrimages to Israel.

The Vatican decision reflects the growing contact between Israel and the Vatican, and their gradual progress toward better relations.

Representatives of Israel's national airline have gathered in Rome to investigate ways of encouraging higher levels of Christian pilgrimage to Israel.

Tourism to Israel is already at an all-time high. In 1992, 1,499,200 tourists arrived in Israel, a 60 percent increase over 1991 and a 9 percent increase over the previous record year.

Last year, 23 percent of the tourists came from the United States, 11 percent from Germany, and 10 percent from both Britain and from France.

Renowned pianist Yefim Bronfman at NAC, March 24

The Canada-Israel Cultural Foundation and the Canadian Associates of Ben Gurion University of the Negev are co-sponsoring a special event at the National Arts Centre. In keeping with their mandate to support the best of Russian-Israeli musicians they have obtained a block of tickets for the concert Wednesday, March 24 featuring the renowned pianist Yefim Bronfman. The talented George Cleve will be conducting. There will be an opportunity to meet and talk with the charming and brilliant Yefim Bronfman at a special reception.



Yefim Bronfman

In little more than a decade Bronfman has won recognition as one of the world's foremost young pianists. Born in the Soviet Union, he emigrated, with his family, to Israel when he was 15. In 1974, he won a scholarship from the America-Israel Cultural Foundation (the American branch of the Canada-Israel Cultural Foundation). This brought him to the attention of Isaac Stern and the philanthropist Frederick Mann, who gave Mr. Bronfman his first piano. His engagements have included two appearances at Carnegie Hall and appearances at London's

Royal Festival Hall. He has toured Israel with violinist Isaac Stern.

Among the highlights of his career was during the Persian Gulf War when he made four appearances in Tel Aviv with the Israeli Philharmonic at the invitation of Zubin Mehta.

The March 24 date will be an all Mozart Concert including Don Giovanni Overture, and the Piano Concerto Nov. 24 in C minor. Tickets at \$36.00 (incl. GST) may be obtained by calling Ruth Calof at 523-1600 or Geri Migicovsky at 729-0333 or Dr. Eve Shulman at 228-3408.

How to obtain reparations from German government

As announced in the Bulletin January 15, 1993 Holocaust survivors who have been unable so far to collect reparations from the German government can now apply for funds.

Claims can be processed only on the basis of a questionnaire and then only when the following conditions are met by you:

1. Proven incarceration in concentration camps for at least six months, or confinement in ghettos for at least 18 months, or life in hiding under inhumane conditions for at least 18 months.
2. You have to have limited financial circumstances; if you are single you cannot earn income over \$18,000 a year, if you are a couple, you cannot earn more than \$25,000 a year.
3. Compliance with #2 of the Federal Government Guidelines of October 3, 1980

(which exclude payments to individuals who never left the country of their original residence, or returned thereto).

4. Receipt of no more than DM5000 and no monthly payments under the BEG (German Federal Indemnification) or DM5000 from the Claims Conference Hardship Fund, or receipt of a higher amount for extended incarceration. Approved claimants will receive monthly payments of 500 Marks - about \$320 US - beginning August 1, 1995, and a limited interim payment, according to the conference. No deadline has been announced for the filing of applications.

If you meet the above requirements, please call Elizabeth Budai at the Jewish Family Services, 789-1800 and ask for a copy of the questionnaire.

Sunday, March 14

Human Rights Breakfast

Noel Knockwood, a Miqmac Elder from Nova Scotia, will be the keynote speaker at the annual Human Rights Breakfast to be held on Sunday, March 14 at Machzikei Hadas Synagogue at 9:45 a.m.

"Human Rights Abuse — The Native People: A Canadian Tragedy" will be the theme of the program organized by the World Jewry Committee of the Jewish Community Council chaired by Rabbi Reuven Bulka and Lillian Laks with co-sponsorship of Machzikei Hadas Synagogue and the B'nai Brith Ottawa and Parliament Lodges.

The theme of this year's human rights event coincides with the designation of 1993 as the International Year of Indigenous Peoples. It is also in

honour of the commemoration of the International Day for the Elimination of Racial Discrimination on March 21.

Mr. Knockwood is currently the Special Advisor to the Commissioner on Native Affairs for Correctional Services Canada.

An active spokesperson for Native culture, values and history, he is a proponent for Aboriginal rights of self-determination and self-government.

The program will be preceded by Shacharit services at 8:30 a.m. The breakfast will begin at 9:45 a.m. Couvert \$4.00 at the door.

For further information about the program, please contact Community Relations Director Ruth Kahane at 789-7306.

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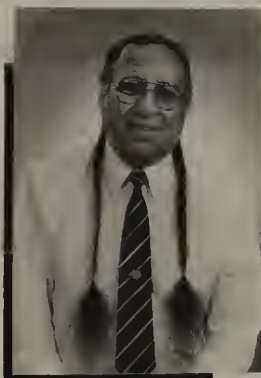
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Sunday, March 14 Machzikei Hadas Synagogue 2310 Virginia Drive

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Breakfast at 9:45 a.m.

Couvert \$4.00 at the door



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Mazal Tov to Marilyn and Dan Kimmel on the engagement of Linda to Warren by Linda and Arthur Cogan.

Mazal Tov to Sam Firestone on assuming the Chair of the General Campaign, U.J.A. of Ottawa by Linda and Arthur Cogan.

Mazal Tov to Myra and Morris Presser on assuming the Chairs for State of Israel Bonds of Ottawa by Linda and Arthur Cogan.

Mazal Tov to Cally Kardash on assuming the Chair of Women's Oivision, U.J.A. of Ottawa by Linda and Arthur Cogan.

Mazal Tov to Elissa Iny on assuming the Chair of Women's Division, U.J.A. of Ottawa by Linda and Arthur Cogan.

Best wishes to Cindy and Abe Engel on their 25th wedding anniversary by Linda and Arthur Cogan.

In memory of Eliahou Iny by Linda and Arthur Cogan.
Mazal Tov to Oeorah Corber and Maurice Tovel on the birth of their daughter by Linda and Arthur Cogan.

Best wishes to Jayme Cogan on his 21st birthday by Oonna, Howie, Joshua and Emily Nadolny.

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Mazal Tov to Jean and Joe Lichtenstein on the birth of their grandson by Edna and Seymour

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Best wishes to Syd Hartman for a speedy recovery by Edna and Seymour Eisenberg.

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Best wishes to Tom Sachs for many years of good health and happiness by Rebecca Bauer.
Best wishes to Debi Swedlove for many years of health and happiness by Rebecca Bauer.

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Best wishes to Dorothy Nadolny on her birthday by Sylvia and Jack Arron.
Mazal Tov to Dorothy and Herb Nadolny on their 40th

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In observance of the Yartzheits of my grandfather and grandmother A.L. and Lena Florence by A.L., Ann and Leanne Smith.

In observance of the Yartzheits of my uncle Jack Florence and aunt Rose Doctor by A.L., Ann and Leanne Smith.

In observance of the Yartzheits of my father A.L. Florence and my mother Lena Florence by Frank Florence.

In observance of the Yartzheits of my brother Jack and sister Rose by Frank Florence.

(Continued next page)

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Best wishes to Lawrence Freedman for a r'fuah sh'lemah by Louise and Harvey Glatt. Best wishes to Debra Judi Ehrlick on her Bat Mitzvah by Lesley and Jack Cramer, Robyn and Michael.

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Congratulations to Marilyn and Dan Kimmel on the engagement of Linda to Warren by Joan and Russell Kronick. In memory of Alvin Power's mother by Enid and Jeffrey Gould and family; by Rae Gould; and by Joan and Russell Kronick.

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In memory of Dr. Stephen Signer's mother by Debbie, Norman and Vicky Ferkin. Best wishes to Renee Greenberg for a speedy recovery by Debbie, Norman and Vicky Ferkin.

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Mazal Tov to Melissa Hecker-Greenberg on being admitted to the Ontario Bar by Rose and Chick Taylor and family.

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Best wishes to Syd Hartman for a r'fuah sh'lemah by Harry and Rose-Anne Prizant and family; and by Laurie and Steven Gordon.

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Mazal Tov to Cantor and Mrs. P. Levinson on the engagement of Yitzhak to Naomi by Jennie Hecht and family.

**HILLEL ACADEMY
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Congratulations to Dr. B. Norman Barwin on a wonderful article by Kayla Mallay and Nicki Varna. Mazal Tov to Mr. and Mrs. David Molot on their 50th wedding anniversary and on David's 80th birthday by Rose (David) Fine.

Best wishes to Stan Katz on his special birthday by Sally and Morton Taller.

**HILLEL LODGE
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In observance of the Yartzheit of a beloved father and grandfather Philip Dubinsky by Marilyn and William Newman and family.

Best wishes to Dr. Kamal Kuwayti for continued good health by Evelyn and Irving Greenberg.

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In observance of the Yartzheit of a beloved husband and father Hy Hochberg by Pauline, Brian and Rhonda, Lisa and Lawrence.

In memory of Ida Eisenberg by Pauline Hochberg. With appreciation to Carol Smith by Pauline Hochberg.

**AVRAHAM AND ELISSA
INY
SCHOLARSHIP FUND**

In memory of Eliahou Iny by Marcia and Harold Sachs; by Rose-Anne and Harry Prizant and family; and by Yanda and Mark Max.

Best wishes to Lawrence Freedman for a speedy recovery by Elissa and Abraham Iny. Mazal Tov to Marilyn and Dan Kimmel on the engagement of Linda to Warren by Elissa, Abraham, Michael and Daniel Iny.

In memory of Lennart Kuller by Abraham and Elissa Iny.

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Best wishes to Maurice Novek on his special birthday by Ralph, Carol, Jenn, Joe (& Punky) Kassie.

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AGENCY FUND**

Best wishes to Stewart Hutt for continued good health by Rhoda and George Caplan and girls.

Mazal Tov to Barbara and Howard Geller on the birth of their son by Elaine and Eli Rabin.

Best wishes to Sandra Slover by Elaine and Eli Rabin. In memory of Eliahou Iny by

Elaine and Eli Rabin.

Best wishes to Maurice Rose on his 80th birthday by Ian Sadinsky, Joan Bercovitch and family.

Best wishes to Dr. Kamal Kuwayti for a speedy recovery by George and Rhoda Caplan.

Congratulations to Stuart Hendin on his appointment to Patton, Boggs and Blow of Washington, D.C. by Elaine and Eli Rabin.

Best wishes to Dr. Gerry Posen for continued good health by Rhoda and George Caplan.

**JEREMY KANTER
MEMORIAL FUND**

In memory of Ida Eisenberg by Suzanne and Sam Iscoe.

In memory of Jack Aach by Julie and Jeff Kanter and family; and by Evelyn and Louis Eisenberg.

**ETHYLE ANO LAWRENCE
KAPELLER
ENDOWMENT FUND**

Best wishes to Ethyle Kapeller for good health by Lil and Morris Lang.

**PINHEY AND LIBBY
KARDASH FUND**

Best wishes to Esther Murray on her 90th birthday by Tillie and Moe Atlas.

**EVA AND ISRAEL
KARDISH FUND**

In memory of Sandy Segal by Eva and Israel Kardish.

**SAMUEL AND TILLIE
KARDISH FUND**

In appreciation to Larry Kardish by Rhoda Bregman. Congratulations to Len Potechin on receiving a medal from the Governor-General of Canada by Doris and Joe Hoffman.

In memory of Sandy Segal by Cheryl and Brian Levitan.

**BENJAMIN AND LILLIAN
KATZ
MEMORIAL FUND**

Best wishes to Dora Wasserman for a r'fuah sh'lemah by Carolyn, Sid, Elayna and Adam Katz. In memory of Sandy Segal by Carolyn, Sid, Elayna and Adam Katz.

**ARTHUR AND SARAH
KIMMEL
MEMORIAL FUND**

Mazal Tov to Marilyn and Dan Kimmel on the engagement of Linda to Warren by Joyce and Milton Kimmel and family; and by Bess and Casey Swedlove.

Mazal Tov to Isabel and Norman Lesh on the birth of their granddaughter Jordanna and the engagement of Steven to Hildy by Joyce and Milton Kimmel and family.

Mazal Tov to Sarah and Milton Shaffer on the engagement of their granddaughter Kelly by Isabel and Norman Lesh.

Mazal Tov to Ingrid and Sam Shapiro on the engagement of their daughter Kelly by Isabel and Norman Lesh.

**KRANTZBERG KRANE
FAMILY FOUNDATION**

Best wishes to Maurice Rose on his special birthday by Gerry and Morrie Krantzberg.

**SAMUEL AND IRENE
KRONICK FUND**

Congratulations to Hildy Reichstein on her engagement to Steven by Joan, Russell and Michael Kronick.

**FRANK AND SADIE
LABOVITCH FUND**

Best wishes to Sara Dworkin for a speedy recovery by Marion and Myer Vexler.

In observance of the Yartzheit of Sadie Labovitch, beloved sister and sister-in-law, 6 Adar 1, by Marion and Myer Vexler.

In observance of the Yartzheit of Devorah Ellenberg, beloved mother and mother-in-law, 19 Shevat hy Marion and Myer Vexler.

In observance of the Yartzheit of a beloved wife and mother Clara Hassan by Med and Brian Hassan.

In observance of the Yartzheit of my father-in-law Max Labovitch by Med Hassan.

In observance of the Yartzheit of my mother-in-law Sarah Labovitch by Med Hassan.

**JACOB AND ROSE
LANDAU
MEMORIAL FUND**

Mazal Tov to Eva Levy on the engagement of Michael to Naomi by Tzippy and Jerrold Landau; and by Edie and Issie Landau.

**LILY AND MORRIS
LANG FUND**

In observance of the Yartzheit of a beloved mother and grandmother Basha Bayla Lang, 8 Adar, by Lil and Morris Lang and family.

**SAMUEL AND MARY
LESH
MEMORIAL FUND**

Mazal Tov to Isabel and Norman Lesh on the engagement of Steven to Hildy by Bess and Casey Swedlove.

**BEN AND SHIRLEY
LEVIN FUND**

Best anniversary wishes to Shirley and Ben Levin by Ellen and Lewis Levin, Harold and Shelley Levin and Frank Levin.

**JOSEPH AND EVELYN
LIEFF FUND**

Best wishes to Lawrence Freedman for a speedy recovery

by Alan Lieff; by Susan, Joel, Willy and Sam Raskin; by Francie, Norman and Rachel Lieff; by Elissa, David, Zachary and Kayla Resnick; and by Evelyn and Joe Lieff.

Best wishes to Hon. Justice A.H. Lieff on his 90th birthday by Evelyn and Joe Lieff.

Best wishes to Rhea Hochstadter on her special birthday by Evelyn and Joe Lieff.

**IDA AND SIDNEY
LITHWICK FUND**

In observance of the Yartzheit of our dear mother Dora Lithwick by Ida and Sid Lithwick.

In observance of the Yartzheit of our dear mother Dora Lithwick by Sarah and Sid Green.

In observance of the Yartzheit of my dear mother Dora Lithwick by Norman Lithwick.

**JACK AND DORA
LITWACK
MEMORIAL FUND**

In memory of Sarah Cleiman by Judy and David Goldman.

**MURRAY AND MARY
MACY FUND**

Mazal Tov to Howard and Marie Levine on the birth of their son by Murray and Mary Macy.

**JACOB MALOMET
MEMORIAL FUND**

Best wishes to Lawrence Freedman for a speedy return to good health by Diana and Alvin Malomet.

**CLAIRE AND THEODORE
(TED)
METRICK FUND**

Best wishes to Sarah Berke for a speedy recovery by Claire Metrick.

Happy 60th wedding anniversary to Lil and Sol Max by Claire Metrick.

Congratulations to Sam Epstein on receiving the first Theodore P. Metrick Award by

Continued on next page

In Appreciation

I would like to thank everyone for their calls, cards, flowers and donations made to charitable organizations during my recent accident and recuperation. Please consider this as a personal thank you.

Dora Wasserman

Come to the Land of Milk and Honey

**ISRAEL
ON SALE**

Departures between

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April 1 - June 7, '93
June 7 - June 21, '93
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July 8 - Sept. 22, '93

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Marilyn Wasserman
Martin Taller



Isaac and Dora Fagin Memorial Fund Established

The Officers and Directors of the Ottawa Jewish Community Foundation are pleased to announce the establishment of the Isaac and Dora Fagin Memorial Fund. This newly-created fund was opened with a very generous bequest from the estate of the late Rose Fagin.

Isaac and Dora Fagin were both born in Riga, Latvia in the 1880's. They emigrated to Canada in the early years of this century, and settled in Ottawa. Isaac lost his entire family in the Holocaust. Oora, daughter of Charlie and Shayna Cohen, was part of the Cohen family involved in the furniture business in Ottawa for many years.

The Fagins operated department and general stores in a number of the outlying communities, including Eganville, for many years. Their home was always open to travellers and individuals requiring a bed or a meal. Shlichim and collectors were always well received and never turned away.

One of the founders of the Agudath Achin Synagogue (the old Rideau Street Shul), Isaac Fagin lived a very traditional Jewish life and both he and his wife focused on the traditions and ceremonies of Judaism throughout their lives. They eventually became members of Congregation Beth Shalom when Agudath Achin and Adath Jeshurun amalgamated.

The Fagins were the proud parents of five children: the



Isaac and Dora Fagin

late Alex Fagin, the late Freda Halpern, the late Rose Fagin, the late Bessy Davy and their surviving daughter, Rebecca Bauer.

Odevoted to each other throughout their 57 1/2 years of marriage, Mr. Fagin passed away in May 1967 predeceased by his beloved Dora in December 1966.

The Foundation is most grateful for Rose's foresight by including the Ottawa Jewish Foundation in her will. Her devotion and respect for her late parents will be recognized in perpetuity through the establishment of the Isaac and Dora Fagin Memorial Fund. The Fagin family, long a part of the Ottawa Jewish Community, will through the Foundation remain so forever.

The Fund will be open-ended and family and friends may add to it at any time. The capital will be invested in perpetuity and only the income distributed each year to worthy causes in the Jewish Community.

Claire Metrick and Celia Wyncheg.

Congratulations to Maurice Rose on his 80th birthday by Claire Metrick.

DAYE, LOUIS AND LAZ MIRSKY FUND

In memory of Rivka Mirsky Sklar by Oebbie and Herb Cosman.

ABRAM AND EDITH MOLOT MEMORIAL FUND

Mazal Tov to Mr. and Mrs. Nathan Freedman on their 60th wedding anniversary by Maureen, Henry, Alex and Edie Molot.

Best wishes to Lester Aronson in his practice of law by Maureen and Henry Molot.

JACK AND HONEY MONSON FUND

Congratulations to Joel Weinstein on being called to the Ontario Bar by Honey Monson; and by Sally Taller.

Congratulations to Lynn Keller on being called to the Ontario Bar by Sally Taller.

HERBERT AND DOROTHY NADOLNY FUND

Best wishes to Edie Koranyi for a r'fuah sh'lemah by Dorothy and Herb Nadolny.

Mazal Tov to Dorothy and Herb Nadolny on their 40th wedding anniversary by Rose (David) Fine.

JEAN AND MAX NAEMARK FAMILY FUND

Best wishes to Devra Shear on

her birthday by Auntie Jean and Uncle Max Naemark.

Best wishes to Tom Sharkey on his special birthday by Jean and Max Naemark.

PINKAS AND YEHUDIT NEWMAN MEMORIAL FUND

In observance of the Yartzheit of my beloved father Pinkas Newman by Helene Zaret.

OTTAWA MODERN JEWISH SCHOOL FUND

In memory of Gert Wertman by Myrna and Norman Barwin.

OTTAWA POST, JEWISH WAR VETERANS OF CANADA FUND

By: Pacl Miller.
In memory of Sidney Abelson by Lila and Abe Bookman.

JOSEPH PETIGORSKY MEMORIAL FUND

In memory of Sandy Segal by Minnie and Sam Petigorsky; and by Lena Schechter.

DAYE AND BETTY POLOWIN FUND

In appreciation to Or. Mark Dover by Betty and Oave Polowin.

NORMAN AND EVELYN POTCHIN FUND

Best wishes to Ted Wolfe on his birthday by Evelyn and Norman Potchin.

Best wishes to Ernie Potchin on his birthday by Evelyn and Norman Potchin.

Best wishes to Allan Potchin

on his birthday by Aunt Evelyn and Uncle Norman Potchin.

Best wishes to Myrna and Ernie Potchin on their 40th wedding anniversary by Evelyn and Norman Potchin.

MYRA AND MORRIS PRESSER FUND

In memory of Sarolta Kulik by Myra and Morris Presser.
Wishing Zelda Roodman well by Myra and Morris Presser.

JOSEPH AND SONIA RABIN MEMORIAL FUND

In memory of Sidney Abelson by Esther Bilsky and family.

ISADORE AND ROSSIE ROSE FUND

In memory of Sadie Signer by Rossie and Issie Rose.
Best wishes to Issie Rose on his 70th birthday by Laura, Mark and Missy Greenberg.

DRS. TRUDA AND IMRE ROSENBERG SCHOLARSHIP FUND

Best wishes to Dr. Martin Tatz on receiving his Doctorate by Truda Rosenberg.

In memory of Gert Wertman by Truda Rosenberg.

Best wishes to Helene Letourneau on her retirement by Truda Rosenberg.
Congratulations to the Calof family on the birth of Michael by Truda Rosenberg.

ANNE AND IRVING SABRAN MEMORIAL FUND

Mazal Tov to Leah and Morris Melamed on the engagement of Warren to Linda Kimmel by Sandra, Sam, Jeff and Arron Fishbain.

In memory of Sarah Metrick by Sandra, Sam, Jeff and Arron Fishbain.

In memory of Grete Cohen by Sandra, Sam, Jeff and Arron Fishbain.

Best wishes to Lori Slosberg for continued good health by Sandra, Sam, Jeff and Arron Fishbain.

SAMUEL AND LILLIAN SASLOVE FUND

Best wishes to Lillian Saslove for a r'fuah sh'lemah by Dina Shalom.

SAM AND DORA SCHAENFIELD FUND

Best wishes to Milton Yiner for a quick recovery by Oora and Sam Schaeinfeld.

DR. NATHAN AND TESSE SCHECHTER FUND

In observance of the Yartzheits of my beloved mother, Mindel Schechter and beloved brother Jack Schechter by Ann Schechter.

SAMUEL AND LEAH SCHREIBER FUND

In observance of the Yartzheit of a beloved mother and grandmother Leah Schreiber by Riva Freedman; and by Molly and Sol Sherman.

In memory of Chana Schiff Katz by Mark Richman; by Marlene and Julius Briskin; and by Riva Freedman.

Mazal Tov to Molly Borenstein on being honoured for her many years of service to the Ottawa Jewish Community by Riva Freedman.

VERA AND SAM SCHWARTZ FUND

In memory of Sandy Segal by

Laura Greenberg; and by Ruth and Mendy Taller.

MAURICE AND GOLDIE SHABINSKY MEMORIAL FUND

Mazal Tov to Barry and Gloria Trainoff on the birth of their grandson by Laura Greenberg; and by the Mallay family.

Mazal Tov to Ron and Karen Nusbaum on the birth of their son by the Mallay family.

ABRAHAM AND MARY SHAFFER MEMORIAL FUND

Mazal Tov to Ingrid and Sam Shapiro on the engagement of Kelly Robinson to Derek Jackson by Roslyn and Arnie Kimmel.

Mazal Tov to Marilyn and Dan Kimmel on the engagement of their daughter Linda to Warren Melamed by Sonia and Sheldon Shaffer.

Mazal Tov to Ingrid and Sam Shapiro on the engagement of Kelly to Derek Jackson by Sonia and Sheldon Shaffer.

SYLVIA SHERMAN MEMORIAL FUND

Best wishes to Sid Hartman for a r'fuah sh'lemah by Louis Sherman.

HARRY AND SYLVIA SHINDER MEMORIAL FUND

In observance of the Yartzheit of our beloved mother and grandmother Sylvia Shinder by Ethel and David Malek and family.

In appreciation to Simmy and Chuck Gardner by Bea and Murray Garecau.

SOL AND ZELAINÉ SHINDER FUND

In appreciation to Zelaine and Sol Shinder by Bea and Murray Garecau.

LOUIS SLACK MEMORIAL FUND

Mazal Tov to Myra Aronson on her appointment as Bulletin Editor by Marlene and Myron, Michael, Jeffrey and Ari Cherun.
Mazal Tov to Lester Aronson on the opening of his practice of law by Marlene and Myron, Michael, Jeffrey and Ari Cherun.

MOE AND CHARLOTTE SLACK FUND

In memory of Golda Gilbert by Marlene Levine; and by Charlotte Slack.
In memory of Jack Ballon by Charlotte Slack.

GUSTAVE AND ESTHER SOLMAN FUND

In observance of the Yartzheit of a dear father Adolph Solman by Gustave Solman.

In observance of the Yartzheit of a dear sister Tillie Hartman by Gustave Solman.

RACHEL AND ZELIG SWEDLOVE MEMORIAL FUND

Best wishes to Lawrence Freedman for a speedy recovery by Freda Lithwick.

JAY B. TALLER MEMORIAL FUND

Mazal Tov to Mr. and Mrs. David Molot on their 50th wedding anniversary by Sally and Morton Taller.

In memory of Bailly Katz by Sally and Morton Taller.
Congratulations to Sylvia Zeiman on being the honoree of the Volunteer Family of the Year by Sally and Morton Taller.
In memory of Jack Ballon by Sally and Morton Taller.

CHARLES AND RAE TAVEL MEMORIAL FUND

In memory of Lennart Küller by Sunny and John Tavel; and by Lilyan and Horace Philipp.
In memory of Sandy Segal by Lilyan and Horace Philipp.

CHARLES AND ROSE TAYLOR FUND

Best wishes to Sid Hartman for a r'fuah sh'lemah by Rose and Chick Taylor.
In memory of Sandy Segal by Rose and Chick Taylor.
In memory of Sid Abelson by Rose and Chick Taylor.

ETHEL AND IRVING TAYLOR FUND

In memory of Sid Abelson by Ethel and Irving Taylor.
In memory of Sandy Segal by Ethel and Irving Taylor.
Best wishes to Sid Hartman for a r'fuah sh'lemah by Ethel and Irving Taylor.

STEPHEN AND GAIL VICTOR FUND

In memory of Carol Smith's father by Stephen and Gail Victor.

HARRY AND RAE WEIDMAN MEMORIAL FUND

Best wishes to Helene Zaret on her special birthday by Marcia Dworkin.

In memory of Sandy Segal by Roslyn, Myles, Jodi and Julia Taller.

(Continued next page)

ATTENTION JEWISH STUDENTS FIVE HUNDRED DOLLAR AWARD

Ottawa Post, Jewish War Veterans of Canada, is pleased to offer a cash award of five hundred dollars to a Jewish student normally resident in the National Capital Region, who has reached the age of sixteen on or before the 15th day of May 1993.

In the letter of application, the candidate will provide evidence of superior qualities of leadership, good citizenship, scholarship and sportsmanship whether at school, within the Jewish community or within the community at large.

All applicants should provide a letter stating why you think you are eligible, enclose any support material you may think relevant, to be received no later than May 15, 1993 to:

AWARDS COMMITTEE
OTTAWA POST, J.W.V.C.
46 Hutchison Street
Ottawa, Ont. K1Y 4A3

HYMIE WHITZMAN MEMORIAL FUND

Best wishes to Mrs. Ralph Loebenberg on her special birthday by Judie and Fred Ross and sons.

Best wishes to Tanya Webber on her special birthday by Judie and Fred Ross and sons.

Best wishes to Beverley Cantor on her birthday by Judie and Fred Ross and sons.

Best wishes to Vera Klein on her birthday by Judie Ross.

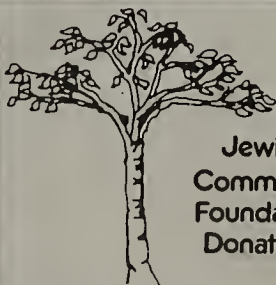
SAMUEL AND HELENE ZARET FUND

In memory of Sandy Segal by Helene Zaret.

CHAIM AND SELA ZARETSKY MEMORIAL FUND

Best wishes to Dr. Morris Resnick for a speedy recovery by Sarah and Lou Satov.

Contributions may be made by phoning Howard Goldberg at 789-7306, Monday to Friday 10-4. Attractive cards are sent to convey the appropriate sentiments. All donations are acknowledged with an official receipt for income tax purposes. WE ACCEPT VISA.



**Jewish
Community
Foundation
Donations**

Insurance: A gift forever

By Saul Goldfarb

It has been said that one makes a will because of love - love for one's spouse - love for one's children - love for one's community.

Similarly one buys insurance for the very same reasons - love for one's spouse - love for one's children - love for one's community.

The Ottawa Jewish Community Foundation Insurance program is directed to the latter because insurance is that special gift - the gift that lasts forever.

* A life insurance contract provides a substantial future gift for a very small outlay. Furthermore, the donor will receive a tax deductible receipt from the Foundation for the total amount of the premium.

* Upon the donor's death, the proceeds are paid out at once without reduction in the amount, due to legal fees, taxes, or administrative charges.

* It is totally guaranteed. The contract owned by the charity is separate from the estate and cannot be contested.

* There are no maintenance costs such as a trust fund might incur.

* It is a flexible gift which can be tailor-made to fit the desires of the donor.

* Charitable giving through life insurance is confidential.

Wherever possible it is suggested that one use the joint life plan with proceeds payable on the demise of the second person. If both are non-smokers the premium will be very low.

We urge you to get in touch with any of those listed below for further information on the Ottawa Jewish Community Foundation Insurance Program.

Casey Swedlove - 236-5442
Saul Goldfarb - 233-1326
Howard Goldberg - 789-7306
Laura Greenberg - 789-7306

or your own insurance agent.

The purchase of life insurance today will help to ensure the perpetuity of Jewish life tomorrow!

Over 140 attend

J.S.U. holds great Welcome Back Bash

by Yaacov Feig

Tu Bi Shevat came early for the Jewish Students' Union as over 140 students crowded the Bay Street Bistro, January 16 for a Welcome Back Bash.

In keeping with the Tu Bi Shevat theme there were vegetable platters and fruit fondue in addition to chocolate chip cookies courtesy of Myra-Rose Catering. In addition the Bistro walls were decorated with JNF posters. Once again, students rocked to the tunes played by our very own D.J. Joshua Stevens.

Of course all J.S.U. events must have door prizes. This time



in keeping with the theme, prizes included potted plants. At evening's end, a common phrase heard by many was "Great bash, when's the next one?"

Over 40 students enjoyed one of our famous Shabbat Dinners

on January 22 at Machzikei Hadas Synagogue. The evening began with traditional Shabbat services which were followed by a full course Shabbat dinner catered by Jack and David Smith. Afterwards they were treated to an informative and stimulating discussion with Rabbi Bulka on a controversial article relating to the role between the Jews in the diaspora and Israelis. Once again thanks must go to Machzikei Hadas Synagogue for its warm hospitality. A special mention must go to the entire J.S.U. executive for planning a successful year to date.

See Lubavitcher Rebbe

Ottawans enjoy trip to Crown Heights

by Devora Caylak

"Do you have a few extra seats left on the bus?" I couldn't believe that the phone kept ringing off the hook with that question from people all over Ottawa. My husband, Yosef, and I were busy organizing our famous trip to New York to experience a weekend encounter in Crown Heights. The trip is sponsored by the worldwide Lubavitch Youth Organization and provides a chance to see the Lubavitcher Rebbe, Shlita.

The excursion, which took place from December 24-27, was attended by singles, couples and families. All were eager and excited to take part in this special spiritual and enjoyable experience.

When we started planning the trip, we weren't sure we could fill a 47 seat bus. We thought perhaps a minibus or two vans might do quite nicely for the anticipated small group.

But a few days before we took off for New York, the large bus was completely booked!

"Where did you hear about this trip?" I asked one of our new visitors. She replied it was through a friend, and she and her husband had always wanted to go and see the Lubavitcher Rebbe.

Supplied with a case of salami sandwiches and six cases of soda, along with piping hot potato knishes for the trip, we left the



Ottawa participants of New York trip standing in front of one of the city's oldest synagogues.

Jewish Youth Library Thursday night December 24 with a packed bus.

It was a memorable weekend from start to finish. The hospitality that Lubavitcher families showed to our group and the other 150 people that came from elsewhere in North America was unbelievable.

The weekend in Crown Heights, New York was jam-packed with activities for the children along with intellectually stimulating lectures that included talks on "Standing Tall in Golus (Exile)" and "Illuminated Ignorance...Seeing Clearly with Poor Vision."

The highlight of the weekend

get-together, the "Pegisha", was when each participant had the opportunity to see the Lubavitcher Rebbe, Shlita.

Although a few people were hesitant about coming at first, after attending the weekend encounter, all wanted to know the date of the next trip. It was definitely a worthwhile experience that they will never forget.

Many people with no connection to Judaism at all waited in line with hundreds of others just for a moment to be with the Rebbe. It is a special experience to walk by the Rebbe and feel the special spiritual bonding known as Yechidus.

So the helpless, the homeless, the jobless won't become the hopeless, Volunteers of the United Jewish Appeal are phoning for your contribution to the 1993 Campaign.

Our sincere thanks to the volunteers who helped in the recent telethons:

January 25, 1993

Pat Fleisher
Robert Greenberg
Ernie Goldstein
Sidney Kardash
Donna Nadolny
Charles Schachnow
Margo Schwartz
Jeff Taylor

February 10, 1993

Jackie Barwin
Beryl Ben-Reuven
Ron Cherney
Leon Leckie
Bonnie Merovitz
Mark Pankowski
Susan Vered
Gilad Vered

Lawrence Soloway,
Chair, 1993 UJA Campaign

Community Calendar

The following information is taken from the community calendar maintained by the Women's Federation of the Jewish Community Council. Organizations who would like their events to be listed, no matter where they are to be held, should make sure they are recorded by advising Howard Goldberg, Calendar Co-ordinator at 789-7306 between 10 a.m. and 4 p.m. Accurate details must be provided

Monday, February 22

Jewish Community Centre Golden Age Club Meeting and Cooking Demonstration, Jewish Community Centre, 151 Chapel Street, 1:00 p.m.

Agudath Israel Sisterhood Drop-In Bridge, Agudath Israel Synagogue, 1400 Colder Avenue, 1:00 - 3:00 p.m.

Tuesday, February 23

Jewish Community Centre Drop-In Diner, Jewish Community Centre, 151 Chapel Street, 12:00 - 1:15 p.m.

United Jewish Appeal Telethon, Jewish Community Centre, 151 Chapel Street, 6:00 p.m. - 9:00 p.m.

Malca Pass Library Book Discussion Group Book Review of "Baumgartner's Bombay" by Anita Desai. Reviewer: Sophie Kohn Kaminsky, Agudath Israel Synagogue, 1400 Colder Avenue, 8:00 p.m.

Wednesday, February 24

Jewish Community Centre Chess Club, Jewish Community Centre, 151 Chapel Street, 7:00 p.m.

United Jewish Appeal Outreach Program in Centrepointe, Home of Cindy Feingold and Roger Greenberg, 48 Saddlebrook Drive, 8:00 p.m.

Thursday, February 25

Jewish Community Centre and Jewish Family Services Adults for Lively Leisure Luncheon, Agudath Israel Synagogue, 1400 Colder Avenue, 12:30 p.m.

Friday, February 26

Agudath Israel Sisterhood Torah Fund Weekend runs from Friday evening to Sunday morning, Agudath Israel Synagogue, 1400 Colder Avenue, 8:00 p.m.

Saturday, February 27

Agudath Israel Sisterhood Torah Fund Weekend, Agudath Israel Synagogue, 1400 Colder Avenue, Shabbat Services 8:45 a.m.

Sunday, February 28

Agudath Israel Sisterhood Torah Fund Weekend, Agudath Israel Synagogue, 1400 Colder Avenue, Sunday Morning Services, 9:00 a.m. - Program at 9:30 a.m.

Jewish National Fund Blue Box Exchange, Congregation Machzikei Hadas, 2310 Virginia Drive, 9:45 - 11:45 a.m.

Jewish Community Centre and Machzikei Hadas Synagogue Sundays Are For Kids "Purim Crafts", Machzikei Hadas Synagogue, 2310 Virginia Drive, 1:30 - 3:00 p.m.

Jewish Community Centre Library Book Discussion Group, "The Dance of Anger" by Harriet Goldhar Lerner, Jewish Community Centre Library, 151 Chapel St. 1:45 p.m.

Monday, March 1

Jewish Community Centre Golden Age Club Film and Discussion, Jewish Community Centre, 151 Chapel Street, 1:00 p.m.

Agudath Israel Sisterhood Drop-In Bridge, Agudath Israel Synagogue, 1400 Colder Avenue, 1:00 - 3:00 p.m.

Tuesday, March 2

Jewish Community Centre Drop-In Diner, Jewish Community Centre, 151 Chapel St. 12:00 p.m. - 1:15 p.m.

Wednesday, March 3

Jewish Community Centre Chess Club, Jewish Community Centre, 151 Chapel Street, 7:00 p.m.

Sunday, March 7

Beth Shalom West Purim Seudah and Chinese Dinner, Beth Shalom West Synagogue, 15 Chartwell Avenue, 5:00 p.m.

Monday, March 8

Jewish Community Centre Golden Age Club Purim Luncheon, Jewish Community Centre, 151 Chapel Street, 12:30 p.m.

Agudath Israel Sisterhood Drop-In Bridge, Agudath Israel Synagogue, 1400 Colder Avenue, 1:00 - 3:00 p.m.

Jewish Community Centre Women's Program, "Women, Wholeness and Self-Reclamation", Jewish Community Centre, 151 Chapel Street, 7:45 p.m.

Tuesday, March 9

Jewish Community Centre Drop-In Diner, Jewish Community Centre, 151 Chapel Street, 12:00 - 1:15 p.m.

Wednesday, March 10

Jewish Community Centre Chess Club, Jewish Community Centre, 151 Chapel Street, 7:00 p.m.

International Campaign to Bring Moshiah. Guest Speaker: Rabbi J. Immanuel Schochet, Parliament Hill, Railroad Room, 8:00 p.m.

Sunday, March 14

World Jewry in Conjunction with Congregation Machzikei Hadas and B'nai Brith Ottawa and Parliament Lodges Presents "A Human Rights Breakfast", Machzikei Hadas Synagogue, 2310 Virginia Drive, Shacharit: 8:45 a.m., Breakfast and Lecture: 9:30 a.m.



Pictured above (l-r) back row: Mark Kostove, Micah Polowin, front row: Andrea Silver, Galya Schwartz. Pictured below (l-r) Emily Nadolny, Shayna Miller



It may be winter weather outside, but for the children attending Arlene Isenberg's class at Hillel Academy it was a warm, sunny and perfect day for the beach. This special event was held in conjunction with their "Underwater" theme.

Bulletin Deadlines

Wednesday, February 24
for March 12 issue

Wednesday, March 10
for March 26 issue

Wednesday, March 31
for April 16 issue

SHALOM OTTAWA

The Ottawa Jewish Community Cable TV Show with hosts

Marion Silver and Ed Fine

Shown on Cable 22

Monday, February 22 at 10:00 p.m.

Thursday, February 25 at 4:00 p.m.

New Time:

Friday, February 26 at 11:00 a.m.

Featuring:

- Cub and Scouts Food Drive
- Tu B'Shevat at Ecole Maimonides
- An interview with Sarah Poster Levin of Pioneer Women Na'Amat by Phyllis Elowitz
- Dancing at Vincent Massey Park

LEON KURTIS ORCHESTRA AND TRIO

CONTACT
LEON KURTIS (613) 728-4503
736 Sherbourne Rd. Ottawa, Ont. K2A 5T5



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Shabbat Candlelighting

February 19	5:17 p.m.
February 26	5:27 p.m.
March 5	5:37 p.m.
March 12	5:46 p.m.
March 19	5:55 p.m.

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Smith's Falls

Condolences

Condolences are extended to the families of:

Sid Abelson

Jack Ballon

Yechezkel Cohen, Israel (father of Tova Smolkin)

Louis Frank (Montreal) father of Marion Victor.

Mary Hoichberg

Lou Konick, Detroit, (brother of Morrie Konick)

Lennart Kuller, Stockholm, (father of Kaysa Friedman)

Maurice Rubenstein (Montreal), Father of Jason Rubenstein.

Sandy Segal

May their memories be a blessing.

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